

THE COMPLEAT COOK.

Expertly prescribing the
most ready wayes,

Whether, { *Italian,*
 { *Spanish,*
 { *or French,*

or dressing of *Flesh*, and *Fish*,
Ordering of *Sauces*, or making
OF
PASTRY.

LONDON:

and by E. B. for Nath. Brooks, at the
Angel in Cornhill, 1658.

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Expressly prescribing the
most ready ways

of preparing
all sorts of
FISH, FOWL,
AND VEGETABLES.

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COOK:

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for dressing of *Flesh*
and *Fish, &c.*

make a Posset, the Earle of Arundels Way.

Take a quart of Creame, and
a quarter of a Nutmeg in
it, then put it on the fire,
and let it boyl a little while,
and as it is boyling take a
Pot or Bason, that you
may make your Posset in, and put in
some Spoonfulls of Sack, and some eight of

Ale, and sweeten it with Sugar, then set
over the coles to warm a little while,
take it off and let it stand till it be al-
most cold, then put it into the Pot or Bo-
and stir it a little, and let it stand to sim-
over the fire an hour or more, for
longer the better.

To boyle a Capon larded with Lemons.

TAke a fair Capon and truss him, bo-
him by himselfe in faire water with
little small Oat-meal, then take Mutton
Broath, and Half a pint of White-wine,
bundle of Herbs, whole Mace, sealed
with Verjoyce, put Marrow, Dates, seal
it with Sugar, then take preserved Lemons
and cut them like Lard, and with a larding
pin, lard it in, then put the capon in a dis-
dish, thicken your broth with Almond
and poure it on the Capon.

To Bake Red Deere.

PARboyl it, and then lard it in Vine
then Lard it very thick, and sealed
with Pepper, Ginger and Nutmegs, put
into a deep Pye with good store of
butter, and let it bake, when it is done
take a pint of Hippocras, halfe a

soft butter, two or three Nymphs
 then take Vinegar, pour it into the Pan in the
 hile, and mendle it by hand, and soake an hour
 almost make it one, and when it is cold, stop
 the vent hole: and draw it out with a cup.

To make fine Pan-cakes fryed without
 Butter or Lard.

Take a pint of Cream, and six new laid
 Eggs, beat them very well together, put
 in a quarter of a pound of Sugar, and one
 Spoonfull of a little beaten Mace (which
 please) and so much flower as will
 when almost as much as ordinarily Pan-
 cakes batter; your Pan must be heated
 scaldingly hot & wiped with a clean Cloth,
 and done put in your Batter as thick or
 larder as you please.

To dresse a Pig like a French manner.

Take it and spit it, & lay it down to the
 fire, and when your Pig is through
 some skid her, and cut her off the spit as
 much Pig it, and so divide it in many
 pieces, and make it as you please. When
 you have so done, take some White Wine
 strong broth, and stew it therein, with
 an Onion or two mixed very small, a little

A 3

Time

Time also minced with Nutmeg sliced
grated Pepper, some Anchoves and El
Vinegar, and a very little sweet Butter
Gravy if you have any to Dill it up with
same Liquor it is stewed in, with French
Bread sliced under it, with Oranges and
Lemons.

To make a Steak Pye, with a French Pudding
in the Pye.

SEASON your Steaks with Pepper & Na
megs, and let it stand an hour in a Tin
then take a piece of the leanest of a Leg
of Mutton and mince it small with Salt
and a few sweet herbs, tops of young Thyme
a branch of Penny-royal, two or three of
and Sage, grated bread, yolks of Eggs, sweet
Cream, Raisins of the Sun; work altoget
her like a Pudding, with your hand stiff
and roul them round like Balls, and put
them into the Steaks in a deep Coffin, with
a piece of sweet Butter; sprinkle a little
Verjaye on it, bake it, then cut it up
and roul Sage leaves and fry them, and
stick them upright in the walt, and serve
your Pye without a Cover, with the juice
of an Orange or Lemon.

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An excellent way of dressing Fish.

Take a piece of fresh Salmon, and wash it clean in a little Vinegar and water, and let it lie a while in it, then put it into a great Pipkin with a cover, and put to it six spoonfulls of water and four of Vinegar, and as much of white-wine, a good deal of Salt a handful of sweet herbs, a little white Sorrel, a few Cloves, a little bit of Cinamon, a little Mace; put all in a Pipkin close, and set it in a Kettle of seething water, and there let it stew three hours.

You may do Carps, Eeles, Trouts, &c. this way, and they Tast also to your mind.

To fricate Sheeps-feet.

Take Sheeps-feet, slit the bone, and pick them very clean, then put them in a frying-pan, with a Ladlefull of strong Ale, a piece of Butter, and a little Salt, when they have fryed a while, put to them a little Parsley, green Chibals, a little young Speremint and Tyme, all shred very small, and a little beaten Pepper; when you

think they are fryed almost enough, have
lear made for them with the yolks of two
or three Eggs, some Gravy of Mutton,
little Nutmeg, and juyce of a Lemon
wrung therein, and put this lear to the
Sheeps feet as they fry in the Pan, then
turn them once or twice, and put them
into the Dish you mean to serve them in.

To fricate Calves Chaldrons.

TAKE a Calves Chaldron, after it is
more then half boyled, and when
cold, cut it into little bits as big as Wal-
nuts; season it with beaten Cloves, Sa-
Nutmeg, Mace, and a little Pepper, an On-
ion, Parsley, and a little Tarragon, all
shred very small, then put it into a frying
pan, with a Ladle-full of strong broth, and
a little piece of sweet Butter, so fry it; when
it is fryed enough, have a little lear made
with the Gravy of Mutton, the juyce of
Lemon and Orange, the yolks of three
or four Eggs, and a little Nutmeg grated
therein; put all this to your Chaldron
in the Pan, Toss your Fricat two or three
times, then dish it, and so serve it up.

To Frye Champignons.

MAke ready your champignons as you do for stewing, and when you have scoured away the black liquor that comes from them, put your champignons into a frying pan with a piece of sweet Butter, a little Parsley, Tyme, sweet Marjoram, a little of Onion shred very small, a little salt and fine beaten Pepper, so fry them till they be enough, so have ready the leese aforesaid, and put it to the champignons whilst they are in the Pan, toss them two or three times, put them forth and serve.

To make buttered Loaves.

MAke the yolks of twelve Eggs, and six whites, and a quarter of a pint of yeast, when you have beaten the Eggs well, strain them with the yeast into a Dish, then put in a little Salt, and two rasps of Ginger beaten very small, then put flower to it till it come to a high Past that will not cleave, when you must roule it upon your hands, and afterwards put it into a warm Cloath, and let it lye there a quarter of an houre, then make it up in little Loaves, bake it.

against it is baked prepare a pound
of Butter, a quarter of a pint of white
wine, and halfe a pound of Sugar; This be-
ing melted and beaten together with
it, set them into the Oven a quarter
of an hour.

*To make Carps, Mullet, Gurnet, Roach
or Wale, &c.*

Take a quart of water to a Gallon of
Vinegar, a good handful of Bay-leaves
as much Rosemary, a quarter of a pound of
Pepper beaten; put all these together, and
let it seeth softly, and season it with a little
Salt, then fry your Fish with frying Oyle
till it be enough, then put in an earthen
Vessell, and lay the Bay-leaves and Rose-
mary between and about the Fish, and
pour the Broth upon it, and when it is
cold, cover it, &c.

To make a Calves Chaldron Pye.

Take a Calves Chaldron, half boyl
and cool it; when it is cold mince it
small as grated bread, with halfe a pound
of Marrow; season it with Salt, beaten
Cloves, Mace, Nutmeg a little Onion
and some of the outmost rind of a Lemon
minced

Take your Pye-meat very small, and wring in the juice of halfe a Lemon, and then mix all together, then make a piece of puff Past, and lay a leaf therof in a silver Dish of the bignesse to contain the meat, then put in your meat, and cover it with another leaf of the same Past, and bake it; and when it is baked take it out, and open it, and put in the juice of two or three Oranges, stir it well together, then cover it againe and serve it. Be sure none of your Orange kernels be among your Pye-meat.

To make a Pudding of a Calves Chaldron.

Take your Chaldron after it is half-boyled and cold, mince it as small as you can with half a pound of Beef Suet, or as much Marrow, season it with a little Onion, Parsley, Tyme, and the outmost rind of a piece of Lemon, all shred very small, Salt, beaten Nutmeg, Cloves and mace mixed together, with the yolks of four or five Eggs, and a little sweet Cream; then have ready the great Gutts of a Mutton washed and washed very clean; let your Gutts have lain in white-wine and Salt halfe a day before you use it; when your meat is mixed and made up somewhat stiff put it into the Sheeps-gutts, and so boyle it, when

when it is boyled enough, serve it to
Table in the Gutt.

To make a Barbury Cake.

Take a peck of pure Wheat-flower, five
pound of Currants, half a pound of Su-
gar, two pound of Butter, halfe an ounce of
Cloves and Mace, a pint and a halfe of Ale-
yeast, and a little Rose-water; then boyle
as much new-milk as will serve to knead it.

When it is almost cold, put into it
much Sack as will thicken it, and so work
it all together before a fire, pulling it two
or three times in pieces, after make it up.

To make a Devonshire White-pot.

Take a pint of Cream and straine four
Eggs into it, and put a little Salt and a
little sliced Nutmeg, and season it with
Sugar somewhat sweet; then take almost
a penny Loaf of fine bread sliced very thin,
and put it into a Dish that will hold it, the
Cream and the Eggs being put to it; then
take a handfull of Raisins of the Sun be-
ing boyled, and a little sweet Butter, &c.
bake it.

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To make Rice Cream.

Take a quart of Cream, two good handfuls of Rice-flower, a quarter of a pound Sugar and flower beaten very small, mingle your Sugar and flower together, mix it into your Cream, take the yolk of an Egg, beat it with a spoonfull or two of water, then put it to the Cream, and mix all these together, and set it over a slow fire, keeping it continually stirring till it be as thick as water-pap.

To make a very Good Great Oxfordshire Cake.

Take a peck of flower by weight, and dry it a little, & a pound and a halfe of Sugar, one ounce of Cinamon, half an ounce of Mace and Nutmegs, a quarter of an ounce of Mace and a good spoonfull of Salt, beat your Spice very fine, and searce it, and mix it with your flower and Sugar, then mix three pound of butter and work it in the flower, it will take three hours working, take a quart of Ale-yeast, two quarts of Ale, half a pint of Sack, fix grains of Amber-greece dissolved in it, halfe a pint

part of Rosewater, sixteen Eggs, eight
the Whites, mix these with the flower,
knead them well together, then let it
warm by your fire till your Oven be
which must be little hotter then for ma
chet; when you make it ready for your O
ven, put to your Cake six pound of Ca
rars, two pound of Raisins, of the S
stoned and minced, so make up your Ca
and set it in your oven stopped close; it w
take three houres a baking; when bake
take it out and frost it over with the whi
of an Egge and Rosewater, well beat to
ther, and strew fine Sugar upon it, and
set it again into the Oven, that it may be

To make a Pumpion Pye.

TAKE about halfe a pound of Pump
and slice it, a handfull of Tyme, a
Rosemary, Parsley and sweet Marjoram
slipped off the stalks, and chop them
then take Cinamon, Nutmeg, Pepp
six Cloves, and beat them; take ten
and beat them; then mix them, and
them altogether, and put in as much
as you think fit, then fry them like a
after it is fryed, let it stand till it be
then fill your Pye, take sliced
ples chinne round wayes, and lay
of the Froia, and a layer of Apples

C

ans betwixt the layer while your Pye
is red, and put in a good deal of sweet
her before you close it; when the Pye is
red, take six yolks of Eggs, some white-
or Verjuyce, & make a Candle of this,
not too thick; cut up the Lid and put it
fir them well together whilst the Eggs
Pumpions be not perceived, and so
set it up.

*To make the best Sausages that ever was
eat.*

Take a leg of young Pork; and cut of all
the lean, and shred it very small, but
none of the strings or skins amongst
then take two pound of Beef Suet, and
cut it small; then take two handfulls of
Sage, a little Pepper and Salt, and Nut-
meg, and a small piece of an Onion;
put them altogether with the flesh and
if it is small enough, put the yolk of
two or three Eggs and mix altogether, and
set it up in a Past if you will use it,
cut out as many pieces as you please in
form of an ordinary Sausage, and so
them, this Past will keep a fortnight
on occasion.

To

To boyle a Fresh Fish.

Take a Carp, or other, & put them in a deep Dish, with a pint of white-wine, a large Mace, a little Tyme, Rosemary, a piece of sweet Butter, and let him boyle between two dishes in his owne blood, season it with Pepper and Verjuyce, and serve it up on Sippets.

To make Fritters.

Take halfe a pint of Sack, a pint of Ale, some Ale-yeast, nine Eggs, yolks and whites, beat them very well, the Egg whites, then altogether, put in some Ginger, Salt, and fine flower, then let it stand an hour or two; then shred in the Apples when you are ready to fry them, your fat must be all Beef-suet, or halfe Beef, and halfe Hoggs-suet tryed out of the leaf.

To make Loaves of Cheese-Curds.

Take a Porringer full of Curds, four Eggs, whites, and yolks, and so much flower as will make it stiff, then take a little Ginger, Nutmeg, & some Salt, make them into loaves and set them into an oven with

ick heat, when they begin to change
take them out, and put melted
to them, and some Sack, and good
of Sugar, and so serve it.

To make fine Pies after the French fashion.

Take a pound and half of Veale, two
pound of fuet, two pound of great
beans stoned, half a pound of Prunes, as
much of Currants, six Dates, two Nutmegs,
a spoonfull of Pepper, an ounce of Sugar,
an ounce of Carrawayes, a Saucer of Ver-
de, and as much Rosewater, this will
make three fair Pies, with two quarts of
Crème, three yolks of Egges, and half a
pound of Butter.

A Singular Receipt for making a Cake.

Take half a peck of flower, two pound
of Butter, mingle it with the flower,
two Nutmegs, &c a little Mace, Cinnamon,
&c, half a pound of Sugar, leave some
to strew on the top, mingle these well
with the flower and Butter, five pound of
beans well washed, and pickt, and dried
in warm Cloth, a wine pint of Ale yeast,
leave out the whites, a quart of
Crème boyled and almost cold againe :
work

work it well together and let it be
 fish, lay it in a warm Cloth, and let it
 half an hour against the fire. Then make
 up with the white of an Egg, a little
 ter, Rosewater and Sugar; Ice it over
 put it into the Oven, and let it stand
 whole hour and a half.

To make a great Curd Loaf.

Take the Curds of three quarts of
 milk clean whayed, and rub into them
 little of the finest flower you can get, take
 half a race of Ginger, and slice it
 thin, and put it into your Curds with
 little Salt, then take halfe a pint of
 Ale Yeast and put to it, then take
 Eggs, but three of the Whites, let them
 so much flower as will make it into a
 sonable stiff Past, then put it into an
 ferant hoc cloth, and lay it before the
 to rise while your Oven is heating,
 make it up into a Loaf, and when it is
 ked, cut up the top of the Loaf, and put
 a pound and a half of melted Butter,
 good deale of Sugar in it.

Take buttered Leaves of Cheese-curd.

Take three quarts of new Milk, and put in as much Rennet as will cur, take the Whey clean away, then breake your curd very small with your hands, and put in yolk of Eggs, but one white, an handful of grated bread, an handful of butter, a little Salt mingled altogether, mix it with your hand, roul it into little balls, then set them in a Pan buttered, beat the yolk of an Egg with a little water, and wipe them over with a feather, set them in the Oven as for Manchet, stop that close three quarters of an hour, then take halfe a pound of butter, two spoonfulls of water, a Nutmeg sliced, a little Sugar, set it on the fire, stir it till it be thick; when your Leaves are baked, take off the tops and butter them with the butter, some under, some over, and put some Sugar on them.

To make Cheese-loaves.

Take a Wheat-Loafe, and take as much Butter as bread, to that put eight yolks of Eggs and four whites, and beat them well, then take a little Cream but let

it

It be very thick, put altogether, and mix
them up with (two handfulls of) Cream
the Curds must be made of new milk
whayd very dry, you must make them
little Loaves and bake them in an Oven
and being baked cut them up, and have
readinesse some sugar Butter, Sugar,
meg siceth and mingled together, put
into the Loaves, and with it stir the Cream
well together, then cover them again with
the tops, and serve them with a little
ghee scraped on.

To make Puff

Take four pints of new milke, rouse
it take out all the Whay very clean,
wring it in a dry Clothy then strain it in
a wooden Dish till they become as Cream
then take the yolks of two Egges, and beat
them and put them to the Curds,
leave them with the Curds, then put
a spoonfull of Cream to them, and if
please halfe a spoonfull of Rose-water
as much flower beat in it as will make
an indifferent stiffnesse, just to roul
on a Plate, then take off the Kidney of milk
suet and purifie it, and fry them in it,
serve them in with Butter, Rose-water
Sugar.

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To make Elder Vinegar.

Gather the flowers of Elder, pick them
very clean, and dry them in the Sun
in gentle heat, and take to every quart
of Vinegar a good handfull of flowers
let it stand to Sun a fortnight, then
draw the Vinegar from the flowers, and
put it into the barrell againe, and when
you draw a quart of Vinegar, draw a
quart of water, and put it into the Bar-
rell like warme.

To make good Vinegar.

Take one strike of Malt, and one of
Rye ground, and mash them toge-
ther, and take (if they be good) three
pound of Hops, if not four pound; make
up the Hogs-heads of the best of that
Malt and Rye, then lay the Hogs-heads
in the Sunne may have power over
them, and when it is ready to Tan, fill
the Hogs-heads with the lye, then let
them purge cleer and cover them with
flatt stone, and within a week af-
ter when you bake, take two whear loaves
out of the Oven, and put into each
head a loaf, you must use this four
times, you must brew this in April, and

Let it stand till *June*, then draw them clear, then wash the Hogs-heads clean, and put the beer in again; if you will have it Rose-vinegar, you must put in a pint and a half of Roses; if Elder-vinegar, a pint of the flowers; if you will have it white, put no thing in it after it is drawn, and let it stand till *Michaelmas*; if you will have it coloured red, take four gallons of strong Ale as you can get, and Elder berries pick'd a few full clear, and put them in your pan with the Ale, let them ouer the fire till you guesse that a pottle is wasted, then take it off the fire, and let it stand till it is forwold, and the next day strain it in the Hogs-head, then lay them in a Cellar or buttery which you please.

To make a Collier of Beef.

Take the thinnest end of a coast of beef, boyl it and lay it in Pump-water, with a little salt, three dayes shifting it once every day, and the last day put a pint of Claret Wine to it, and when you take it out of the water, let it lye two or three hours drayning, then cut it almost to the middle in three slices, then bruisse a little Cockburn and a very little Allum, and mingle it with the Claret-wine, and colour the meat all

with it, then take a dozen of Anchovies, wash them and bone them, and lay them into the Beef, and season it with Mace, and Pepper, and two handfulls of salt, and a little sweet Marjoram and Thyme, and when you make it up, roul the thickest slice first, and the other two up-wards, being very wel seasoned every where, bind it hard with Tape, then put it in a stone-pot, something bigger then the Beef, and pour upon it a pint of Claret, and halfe a pint of wine-vinegar, a pint of Rosemary, and a few Bay-leaves shake it very well; before it is quite cold, take it out of the Pot, and you may dry it dry as long as you please.

To make an Almond Pudding.

Take two or three French-Rowles, or white penny bread, cut them in slices, and put to the bread as much Cream as will cover it, put it on the fire till your Cream and bread be very warm; then take a Ladle- Spoon and beat it very well together, put in twelve Eggs, but not above four Whites, put in Beef Suet, or Marrow, according to your discretion, put a pretty quantity of Currans and Raisins, season the Pudding with Nutmeg, Mace, Salt, and Sugar,

Sugar, but very little flower for to
make it sad and heavy; make a piece
pudding as much as will cover your dish,
cut it very handsomely in what fashion
you please. Butter the bottom of your Dish
put the pudding into the Dish, let it
quick Oven, not too hot as to burne it,
it bake till you think it be enough, serve
on Sugar and serve it up.

Take the third part of a pound of Barley,
wash it well with faire water,
and let it lie all night in faire water, in
morning set two skillets on the fire with
faire water, and in one of them put your
Barley, and let it boyl till the water
red, then put the water from it, and put
Barley into the other warme water, and
boyl it and change with fresh warme water
till it boyl white, then strain the water
from it, then take a quart of Cream,
into it a Nutmeg or two quartered, a
large Mace and some Sugar, and let it boyl
together a quarter of an hour, and when
hath thus boyled, put into it the yolles
three or foure Eggs, well beaten with
Sugar.

Rose-water, then dish it forth, and
cold.

To make Cheese-Cakes.

Take three Eggs and beat them very
well, and as you beat them, put to them
such fine flower as will make them
thick, then put to them three or four Eggs
more, and beat them altogether; then take
a quart of Cream, and put into it a
pound of a pound of sweet butter, and
boile it over the fire, and when it begins
to boyle, put to it your Eggs and flower,
and beat very well, and let it boyle till it be
thick, then season it with Salt, Cinamon,
and Currans, and bake it.

To make a Quaking Pudding.

Take a pint and somewhat more of thick
Cream, ten Eggs, put the whites of
the Eggs, beat them very well with two
Spoonfuls of Rose-water; mingle with
the Cream three Spoonfuls of fine
flour, mingle it so well, that there be
lumps in it, put it altogether, and
boile it according to your Taste; Butter
the Dish very well, and let it be thick when
it is taken out, and let it boyle so

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an hour as fast as you can, then take it up and make Sauce with Butter, Rose-water and Sugar, and serve it up.

You may stick some Blanched Almonds upon it if you please.

To Pickle Cucumbers.

Put them in an Earthen Vessel, lay first a Lay of Salt and Dill, then a Lay of Cucumbers, and so till they be all Layed put in some Mace and whole pepper, and some Fennel-seed according to direction then fill it up with Beer-Vinegar, and a clean board and a stone upon it to keep them within the pickle, and so keep them close covered, and if the Vinegar is black change them into fresh.

To Pickle Broom Buds.

Take your Buds before they be yellow on th: top, make a brine of Vinegar and Salt, which you must do only by shaking it together till the Salt be melted, then put in your Buds, and keep stirred once in a day till they be sunk within the Vinegar, be sure to keep close covered.

To keep Quinces raw all the year.

Take some of the worst Quinces and cut them into small pieces, and Coares and Parings, boyle them in water, and add to a Gallon of water, some three poundes of Salt, as much Honey; boyle y^e first together till they are very strong, and when it is cold, put it into half a pint of Vinegar in a wooden Vessel or Earthen Pot; and take then as many of your Quinces as will go into your Liquor, and stop them up very close that no Aire come into them, and they will keep all the year.

To make a Gooseberry Foole.

Take your Gooseberries, and put them in a Silver or Earthen Pot, and set it in a Skillet of boyling Water, and when they are coddled enough strain them, then heat them hot again, when they are scalding hot, beat them very well with a good quantity of fresh butter, Rose-water and Sugar, and put in the yolke of two or three Eggs; you may put Rose-water into them, and so stir it altogether, and serve it to the Table when it is cold.

To make an Oatmeale Pudding.

Take a Porringer full of Oatmeale beaten to flower, a pint of Cream, one Nutmeg, four Eggs beaten, three whites, a quarter of a pound of Sugar, a pound of Beefe-suet well minced, mingle all these together, and so bake it. An hour will bake it.

To make a green Pudding.

Take a penny loafe of stale Bread, grate it, put to halfe a pound of Sugar, grated Nutmeg, as much Sale as will season it, three quarters of a pound of beefe-suet shred very small, then take sweet Herbs, the most of them Marigolds, eight Spinages: shred the Herbs very small, mix all well together, then take two Eggs and work them up together with your hand, and make them into round balls, and when the water boyles put them in, serve them with Rose-water, Sugar, and Butter or Sauce.

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To make good Sanfages.

Take the lean of a Legge of Pork, and
four pound of Beefe-suet, or rather
butter, shred them together very small,
then season it with three quarters of an
ounce of Pepper, and halfe an ounce of
Cloves and Mace mixed together, as the
Pepper is, a handfull of Sage when it is
cut small, and as much salt as you
like will make them tast well of it;
 mingle all these with the meat, then
put in ten Eggs, all but two or three
of the whites, then temper it all well
with your hands, and fill it into Hoggs
bladders, which you must have ready for
this use; you must tye the ends of them like
pillings, and when you eat them you
must boyle them on a soft fire; a hot will
crack the skins, and the goodnesse boyle
of them.

To make Toes.

Take two penny Loaves in round slices
and dip them in half a pint of Cream
or cold water, then lay them abroad in
a Dish, and beat three Eggs and grated
cheese, and Sugar, beat them with

the Cream, then take your frying Pan and melt some butter in it, and wet one of your Toasts and lay them in on the side, then pour in the rest upon them, so fry them; send them in with Rose-water, butter and sugar.

Spanish Cream.

PUt hot water in a Bucket and go with it into the Milking, then poure out the Water, and instantly milke into it; presently strain it into milk-Pans of ordinary fullness, but not after an ordinary way for you must set your Pan on the ground and stand on a stool, and pour forth that it may rise in bubbles with the fall; this on the morrow will be a very rough Cream, which you must take off with your Skimmer, and lay it in the Dish laying upon laying; and if you please strew some sugar between them.

To make Clouted Cream.

TAKE foure quarts of Milke, one of Cream, six spoonfulls of Rose-water put these together in a great Earthen Milke-Pan, set it upon a fire of Charcoale well kindled, you must

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Let the fire be not too hot; then let it stand a day and a night; and when you are to take it off, loose the edge of your Cream round about with a Knife, then take your board, and lay the edges that are left beside the board, cut into many pieces, and put them into the Dish first, and scrape some fine Sugar upon them, then take your board and take off your Cream clean from the Milk as you can, and lay it upon your Dish, and if your Dish is little, there will be some left, the which you may put into what fashion you please, and scrape good store of Sugar upon it.

A good Cream

WHEN you Churn Butter, take out six spoonfulls of Cream, just as it is turne to Butter, that is, when it is a little frothy; then boyle good Cream as much as will make a Dish, and season it with Sugar, and a little Rose-water; when it is quite cold enough, mingle it very well with that you take out of the Churn, and so Dish it.

To make Piramidis Cream.

TAKE a quart of water, and fix ounce of hart's horn, and put it into a Bottle with Gum-dragon, and Gum-arabick, each as much as a small Nut; put all this into the Bottle, which must be so big it will hold a pint more; for if it be full it will break; stop it very Close with a Cork, and tye a Cloth about it, put the Bottle into a pot of beef when it is boyling, and let it boyle three hours, then take as much Cream as there is Jelly, and halfe a pound of Almonds well beaten with Rose-water so that you cannot discern what they be mingle the Cream and the Almonds together, then strain it, and do so two or three times to get all you can out of the Almonds, then put jelly when it is cold into a silver Basen, and the Cream to it; sweeten it as you like, put in two or three grains of Musk and Amber-greece, set it over the fire, stirring it continually and skimming it, till it be seething hot; but let it not boyle, then put it into an old fashioned drinking-Glasse, and let it stand till it is cold, and when you will use it, hold your Glass in a warm hand, and loosen it with a Knife, and whelm it into a Dish, and have

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in readinesse Pine Apple blown, and
it all over, and serve it in with Cream
without as you please.

To make a Sack Cream.

Let a quart of Cream on the fire, when
it is boyled, drop in a spoonfull of sack,
and stir it well the while, that it curd not,
do till you have dropped in six spoon-
fulls, then season it with sugar, Nutmeg,
and strong water.

To boyle Pigeons.

Stuffe the Pigeons with Parsley, and
butter, and put them into an Earthen
dish, and put some sweet butter to them
and let them boyle; take Parsley, Tyme,
and Rosemary, chop them and put them
to them; take some sweet butter, and put
to them; take some spinage, take a little gross
salt, and Salt, and season it withall,
take the yolk of an Egge and strain it
to them, Verjoyce, and put to them, lay fif-
teen in the Dish and serve it.

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To mak an Apple-Tansey.

TAKE your Apples, and cut them in round slices, then fry them in good sweet Butter, then take ten Eggs, sweet Cream, Nutmeg, Cinamon, Ginger, Sugar, with a little Rose-water, beat all these together, and pour it upon your Apples, and fry it.

The French-Barly-Cream.

TAKE a quart of Cream, and boyle in a Porringer of French-Barley, that has been boyled in nine waters, put in some large Mace and a little Cinamon, boyle it a quarter of an hour; then take two quarts of Almonds blanch'd, and beat them very small with Rose-water, or Orange-water, and some Sugar; and the Almonds being strained into the Liquor, put it on the fire, stirring it till it be ready to boyle, then take it off the fire, stirring it till it be halfe cold; then put to it two spoonfulls of Sack or White-Wine, and when it is cold, serve it in, remembering to put some Salt.

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To make a Chicken or Pigeon-Pye.

Take your Pigeons (if they be not very young) cut them into four quarters, one sweet-bread sliced the long way, that it may be thin, and the pieces too big, one Shee's tongue, little more then parboyl'd, and the skin pulled off, and the tongue cut in slices, two or three slices of Veale, as much of Mutton, young chicken (if not fittle) quarter them, Chick-heads, Lark, or any such like, Truffles, Coxcombs, Oysters, Calves-Lid cut in pieces, good store of Marrow seasoning, take as much Pepper and salt as you think fit to season it slightly; good store of sweet Marjoram, a little fine and Lemon-Pill fine sliced; season well with these Spices as the time of the meat will afford; put in either of Chestnuts (if you put in Chestnuts they must be either boyl'd or roasted) Godse-tail, or Guage, large Mace will do well in this Pye, then take a little piece of sweet Ale parboyl'd and slice it very fine, as much Marrow as meat stirred amongst it, then take grated Bread, as much as will cover a quarter of the meat, four yolks of Eggs beat more according to the stufle you make, (shred

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Small Dates as small as may be, season
it with salt, but not too salt. Nutmeg
as much as will season it, sweet Marjoram
pretty store very small shred, work it
with as much sweet Creame as will make
it up in little Puddings, some long, some
round, so put as many of them in the
Pye as you please; put therein two or
three spoonfulls of Gravy of Mutton, or
so much strong Mutton broth before
you put it in the Oven, the bottome
boyled Artichokes, minced Marrow over
and in the bottom of the Pye after your
Pye is baked; when you put it up, have
some five yolks of Eggs minced, and the
juyce of two or three Oranges, the meat
of one Lemon cut in peices, a little White
and Claret Wine; put this in your Pye be-
ing well mingled, and shake it very well
together.

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To boyle a Capon or Hen,

Take a young Capon or Hen, when you draw them, take out the fall of the Leafe clean away, and being well washed, fill the belly with Oysters; prepare some Mutton, the neck, but boyle in smal peices and skim it well, then put your Capon into the Pipkin, and when it is boyled, skim it again; be sure you have more water then will cover your meat, and put it into a pint of white wine, some Pepper, two or three Cloves and whole Ginger a quarter of an hour before your meat be boyled enough, put into the Pipkin three Anchoves stript from the Bones and washed, and be sure you put Salt the first to your meat; a little Parsley, Chervil, Endive, Sorrell, Rose-mary, or any kind of Herbs will do well to boyle in the Broth, and being ready to Dish up, having sippets cut then take the Oysters out of the Capon, and lay them in the Dish with the Broth, and put some juice of Lemons and Orange into it according to your taste.

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To make Balls of Veal.

TAKE the Lean of a Leg of Veal, and cut out the Sinews, mince it very small, and with it some fat of Beef suet if the Leg of Veal be of a Cow Calf the Udder will be good instead of Beef suet; when it is very well beaten together with the mincing Knife, have some Cloves Mace, and Pepper beaten, and with Salt season your meat, putting in some Vinegar, then make up your meat into little Balls, and having very good strong Broth made of Mutton, set your Balls to boyle in it; when they are boyled enough, take the yolks of five or six Eggs well beaten with as much Vinegar as you please to like, and some of the Broth mingled together, stir it into all your Balls and Broth, give it a waume on the fire, then Dish up the Balls upon Sippits and pour the sauce on it.

To make Mrs. Shellyes Cake.

TAKE a peck of fine flower, and three pound of the best Butter, work your flower and butter very well together, the

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Take ten Eggs, leave out six whites, a pint
and a halfe of Ale-yeast : beat the Eggs and
yeast together, and put them to the flower ;
take six pound of blanched Almonds, beat
them very well, putting in sometime Rose-
water to keepe them from Oyling ; add
what spice you please ; let this be put to the
dough, with a quarter of a pint of Sack, and a
little saffron ; and when you have made
this into Past, cover it warme before
the fire, and let it rise for halfe an hour,
then put in twelve pound of Currans well
washed and dryed, two pound of Raisins
of the Sun stoned and cut small, one
pound of Sugar ; the sooner you put it
into the Oven after the fruit is put in, the
better.

To make Almond Jumballs.

Take a pound of Almonds to halfe a
pound of double refined Sugar be-
aten and Seared, lay your Almonds in
water a day before you blanch them, and
beat them small with your Sugar ; and
when it is beat very small, put in a hand-
full of Gum-dragon, it being before over
night steeped in Rose-water, and halfe
the white of an Egge beaten to froth,
and halfe a spoonfull of Coriander-seed

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as many Fennell and Ani-seeds, ming
these together very well, set them upon
soft fire till it grow pretty thick, then take
it off the fire, and lay it upon a clean Pa
per, and beat it well with a rowling pin
till it work like a soft past, and so make
them up, and lay them upon Papers oyle
with Oyle of Almonds, then put them in
your Oven, and so soon as they be
thoroughly risen, take them out before they
grow hard.

To make Cracknels,

TAKE halfe a pound of fine flower
dried and searced, as much fine su
gar searced, mingled with a spoonfull
Coriander-seed bruised, halfe a quart
of a pound of butter rubbed in the flower
and sugar, then wet it with the yolk
of two Eggs, and halfe a spoonfull
white Rose-water, a spoonfull or more
more of Cream as will wet it; knead the
Past till it be soft and limber to rowl
well, then rowle it extreame thin, and cut
them round by little plates; lay them up
on buttered papers, and when they go
into the Oven, prick them, and wash the
Top with the yolk of an Egg beaten, and
made thin with Rose-water or fine
water

ming; they will give with keeping, therefore before they are eaten, they must be broiled in a warme Oven to make them rip.

To Pickle Oysters.

Take Oysters and wash them cleane in their own Liquor, then let them steame, then strain it, and put your Oysters to it with a little Mace and whole pepper, as much Salt as you please, and a little Wine-Vinegar, then set them over a fire, and let them boyle leisurely till they are pretty tender; be sure to skim them still as the skim riseth; when they are enough, take them out till the Pickle be cold, then put them into any pot that will lye close, they will keepe best in Cabbages barrels,, they will keepe very well six weeks.

To boyle Cream with Codlings.

Take a quart of Cream and boyle it with some Mace and Sugar, and take yolks of Eggs, and beat them with a spoonfull of Rose-water and

and a grain of Amber-greece, then
 it into the Cream with a piece of
 Butter as big as a Wall-nut, and stir
 together over the fire untill it be ready
 boyle, then set it some time to cool
 stirring it continually till it be cold; then
 take a quarter of a pound of Codds
 strained, and put them into a silver Dish
 over a few coales till they be almost
 and being cold, and the Cream also, pour
 the Cream upon them, and let them stand
 on a soft fire covered an hour, then serve
 them in.

To make the Lady Albergaveres Cheesse.

TO one Cheefe take a Gallon of
 Milk, and a pint of good Cream,
 mix them well together, then take a S
 let of hot water as much as will make
 hotter then it comes from the Cow, then
 put in a Spoonfull of Rennet, and stir
 well together and cover it, and when
 is come, take a wet Cloth and lay
 your Cheefe-Mot, and take up the C
 and not break it; and put it into yo
 Mot; and when your Mot is full, lay
 the Sinker, and every two hours
 your Cheefe in wet Cloathes wrapp
 and lay on a little more wet, at m

as much salt as you can between your
finger and thumb, and salt your Cheeke
both sides; let them lye in Presses all
night in a wet Cloth; the next day lay
them on a Table between a dry Cloth,
the next day lay them in Grasse, and every
other day change your Grasse, they will
be ready to eat in nine dayes; if you will
have them ready sooner, cover them with
a blanket.

To dresse Snayles.

Take your Snayles (they are no way
so as in Portage) and wash them well
in many waters, and when you have
washed them put them in a white Earthen Pan,
or a very wide Dish, and put as much
Salt to them as will cover them, and
set your Dish or Pan on some coales,
so it may heat by little and little, and
when the Snayles will come out of the
shells and so dye, and being dead, take
them out, and wash them very well in
water and salt twice or thrice over; then
put them in a Pipkin with Water and
Salt, and let them boyle a little while in
the water, so take away the rude slime they have,
then take them out againe and put them
in a Cullender; then take excellent sallier
Oyle

Oyle and beat it a great while in the fire in a frying Pan, and when boyle very fast, slice two or three Onions in it, and let them fry well, then put the Snayles in the Oyle and Onions, and let them stew together a little then put the Oyle, Onions, and Snayles altogether in an earthen Pipkin of a size for your Snayles, and put as much warm water to them as will serve, boyle them, and make the Pottage season them with Salt, and so let them boyle three or foure hours; then mingle Parsly, Pennyroyall, Fennell, Tyme, and such Herbs, and when they are mingled put them in a Morter, and beat them as you doe for Green-sauce, and put in some crumbs of bread soaked in the Pottage of the Snayles, and then dissolve it in the Morter with a little Saffron and Cloves well beaten, and put in as much Pottage into the Morter as will make a Spice and bread and Herbs like thick for a pot, so put them all into the Stew and let them stew in it, and when you serve them up, you may squeeze in the pottage a Lemon, and put in a little Vinegar, or if you put in a Clove of Garlick among the Herbs, and beat with them in the Morter; it will

the worse ; serve them up in a Dish
sippets of Bread in the bottom. The
age is very nourishing, and they use
that are apt to a Consumption.

*To boyle a rump of Beefe after the
French fashion.*

Take a rump of Beef, or the little end of
the Brisket, and parboyle it halfe an
hour, then take it up and put it in a deep
Dish, then slash it in the side that the gra-
ssy come out, then throw a little Pep-
per and salt betweene every cut, then
put the Dish with the best Claret
wine, and put to it three or foure pieces
of Mace, and set it on the coales close
covered, and boyle it above an houre and
a halfe, but turn it often in the mean time ;
with a spoon take of the fat and fill
it with Claret wine, and slice six Onions,
a handfull of Cappers or broom buds,
a dozen of hard Lettice sliced, three
quarts of wine-Vinegar and as much
sugar, and then set it a boyling with
these things in it till it be tender, and serve
it with brown Bread and Sippets-fried
in butter, but be sure, there be not too
much fat in it when you serve it.

An excellent way of dressing Fish.

TAKE a piece of fresh Salmon, wash it clean in a little Vinegar and Water, and let it lye a while in it, in a great Pipkin with a cover, and put to six spoonfulls of Water and four of Vinegar, as much of white wine, a good deal of Salt, a bundle of sweet Herbs, a little whole Spice, a few Cloves, a stick of Cinamon, a little Mace, take all these in a Pipkin close, and set it over a Kerle of seething Water and there stew three hours, You may doe Carpes, Eeles, Trouts, &c. this way, alter the rest to your mind.

To make Fritters of Sheeps-feet.

TAKE your Sheeps feet, flit them, set them stewing in a silver Dish with a little strong Broth and Salt, a stick of Cinamon, two or three Cloves, and a piece of an Orange Pill; when they are stewed, take them from the fire, scum and lay them upon a Pye to cool; when they are cold, have a good Fritter-batter made with Sack, dip them therein; then have ready

them, some excellent clarified Butter
hot in a Pan, and fry them therein
they are fryed wring in the joyce of
four Oranges, and toss them once
more in a Dish, and so serve them to the

*To make dry Salmon Calvert
in the bayling.*

Take a Gallon of Water, put to it a
quart of Wine or Vinegar, Ver-
juice or four Beer, and a few sweet
and Salt, and let your Liquor boyle
fast, and hold your Salmon by the
tail, and dip it in, and let it have a
boyle, and so dip it in and out a do-
zen times, and that will make your Sal-
mon Calvert, and so boyle it till it be

To make Bisket Bread.

Take a pound of Sugar scarced very
fine, and a pound of flower well dry-
ed twelve Eggs, a handfull of Car-
raway-seed, six whites of Eggs, a very
little Salt, beat all these together, and
beat them with beating till you see them
thick, then put them into your
Plates

Plates or Tin things, and take Butter and put into a Cloth and rub your Plate spoonfull into a Plate is enough, and set them in the Oven, and let your Oven be no hotter then to bake small Pyes; your flower be not dryed in the Oven before, they will be heavy.

To make an Almond Pudding.

TAke your Almonds when they are blanched, and beat them as many will serve for your Dish, then put to foure or five yolks of Eggs, Rose-water Nutmeg, Cloves and Mace, a little Sugar and a little salt and Marrow cut into and so set it into the Oven, but your Oven must not be hotter then for Bisket bread and when it is half baked, take the white of an Egg, Rose-water and fine Sugar beaten together and very thick, and do over with a feather, and set it in again then stick it over with Almonds, and send it up.

This you may boyle in a Bag if you please and put in a few crums of Bread in it, and eat it with butter and Sugar without Marrow.

To make an Almond Caudle.

Take three pints of Ale, boyle it with Cloves and Mace, and sliced bread in it, have ready beaten a pound of Almonds blanch'd, & strain them out with pint of White wine, and thicken the Ale with it, sweeten it if you please, and before you skim the Ale well when it is set.

To make Almond bread.

Take Almonds and lay them in water all night, then blanch them and slice them, every pound of Almonds, a pound of Sugar finely beaten, so mingle them together, then beat the whites of three Eggs high froth, and mix it well with the Almonds & Sugar, then have some Plates and strew some flower on them, and lay the Almonds on them, and lay your Almonds with the edges upwards, lay them as round as you can, scrape a little Sugar on them, when they are ready to set in the Oven, which must not be so hot as to colour white Paper, and when they are whole baked, take them out, and them

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from the Plates, and set them in again, you must keepe them in a Stove.

To make Almond Cakes.

Take halfe a pound of Almonds blanched in cold water, beat them with some Rose-water till they doe not glister, then they will be beaten; if you think fit lay seven or eight Masque Comfits dissolved in Rosewater which must not be above six or seven spoonfulls for fear of spoiling the colour; when they be thus beaten, put in half a pound of Sugar finely sifted, beat them and the Almonds together till it is well mixed, then take the whites of two Eggs, and two spoonfulls of fine flower that hath been dried in an Oven; beat these together and poure it to your Almonds, then butter your Plates and dust your Cakes with Sugar and Flower, and when they are a little brown, draw them, when the oven is colder set them in again on browne Papers, and they will look white.

Master Rudstones Pottage

Take a Pint of Sack, a quarter of a pint
of Ale three quarters of a pound of
Sugar, Boyle all these well together, take
 yolks of Eggs and sixteen whites very
well beaten, put this to your boyling Sack
and Ale, stir it very well together till it be thick
like coales, then take three pints of Milk
and Cream boyled to a quart, it must
be and cook till the Eggs thicken, put
in your Sack and Eggs, and stir them
all together, then cover it with a Plate
and so serve it.

To boyle a Capon with Ranioler.

Take a good young Capon, trusse it
and draw it to boyle, and parboyle it
in water, then let it lye in fair Water being
very cleane and white, then boyle
in strong broth while it be enough,
first prepare your Ranioler as fol-
loweth; Take a good quantity of Beet
roots, and boyle them in Water very
tender, then take them out, and get all
the water very cleane out of them, then
take six sweet breads of Veale, and
mince them white, mince them

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small, and then boyl Herbs also, and four
or five Marrow bones, break them and get
all the Marrow out of them, and boyl
the bigger peice of them in water by
selfe, and put the other into the minced
Herbs, then take halfe a pound of Raisins
of the Sun stoned, and mince them small
and halfe a pound of Dates the skin off
and mince them also, and a quarter of
a pound of Pomecitron minced small, the
cake of Naples-bisket a good quan-
tity, and put all these together on a Charge
or a great Dish with halfe a pound of sweet
Butter, and worke it together with your
hands as you do a peice of Past, and season
it with a little Nutmeg, Ginger, Cinamon
and Salt, & Parmasan Cheese grated with
hard Sugar grated also, then mingle
together well, and make a Past with
finest flower, six yelks of Eggs, a little Sa-
ffron beaten small, halfe a pound of sweet
Butter, a little Salt, with some salt
water hot (not boyling) and make
your Past, then drive out a long sheet
Past with an even Rowling Pin as thin
possible you can, and lay your ingred-
ients in small beaps, round or long what
you please in the Past, then cover them
with the Past & cut them with a jag also
at each end so make more or more till you
have

are made two hundred or more, then
take a good broad Pan or Kettle halfe full
of strong Broth, boyling leisurely, and put
in your Ransoles one by one, and let them
boyle a quarter of an hour, then take up
your Capon, lay it in a great Dish, and
strew on the Ransoles, & strew on them gra-
ted Cheese, Naples-Bisket grated, Cinnamon
and Sugar, then more and more Cinnamon
& Cheese, while you have filled your
dish; then put softly on melted Butter
with a little strong Broth, your Marrow
and Citron, Lemons sliced and serve it
up, and so put it into the Dish, so Ransoles
may be part fryed with sweet but Clarified
butter, either a quarter of the time or
halfe as you please; if the butter be not
clarified, it will spoile your Ransoles.

To make a Bisquit of Carps.

Take twelve small Carps, and one great
one, all Male Carps, draw them and
take out all the Melts, flea the twelve small
Carps, cut off their Heads and take out
their Tongues and take the fish from the
bonts of the head Carps, and twelve O-
ysters, two or three yelks of Hard eggs, mash
together, season it with Gloves, Mace,
and Salt, and make thereof a stiff farce,

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add thereto the yolks of foure or five Eggs to bind it, fashion that first into balls or Loppings as you please; lay them into a deep Dish or Earthen Pan, and put thereto twenty or thirty great Oysters, two or three Anchovés, the Milts and Tongues of your twelve Carps, half a pound of fresh butter, the Liqueur of your Oysters, the juyce of a Lemon or two; a little White-wine some of Consillion wherein your great Carpe is boiled, and a whole Onyon, so set them stewing on a soft fire and make a hood therewith; for the great Carpe you must scald him and draw him, and lay him in a shallow Pan with the other Carps scald him a day in Pan with six munde White wine Vinegar as will cover and have no leys him, and the other Heads in; put therein Pepper, whole Mace, a race of Ginger, Nutmeg, Salt sweet Herbs, an Onyon or two sliced; a Lemon; when you boyle your Carps, poure your Liqueur with the Spice into the Kettle wherein you will boyle him; when it is boyled put in your Carp, let it not boyle too fast for breaking; after the Carp hath boyled a while put in the Head, when it is enough take off the Kettle, and let the Carps and the Heads keep warme in the Liqueur till you go

to dish them. When you dresse you
que, take a large Silver dish, set it on
fire, lay therein Sippets of bread, then
is a Ladle-full of your Corbillion
take up your great Carp and lay him
the midst of the Dish, then range the
five heads about the Carp, then lay the
of the Carp, lay that in, then your
Miles, and Tongues, then pour
the Liquor wherein the scarce was boyl
wring in the juyce of a Lemon and
Oranges; Garnish your Dish with
pickled Barberries, Lemons and Oranges,
and serve it very hot to the Table.

To Boyle a Pike and Eele together.

Take a quart of White-Wine and a pint
and a halfe of White-Wine-Vinegar,
quarts of Water, and almost a pint of
a handfull of Rose-mary and Tymie;
Liquor must boyle before you put in
the Fish and Herbs; the Eele with the
must be put in a quarter of an hour
before the Pike, with a little large Mace,
twenty cornes of Pepper.

To make an Oulandish Dish.

TAKE the liver of a Hogg, and cut it in small pieces about the bigness of a spanner, then take Anni-seed, or French-seed, Pepper and Salt, and season them therewithall, and lay every piece severally round in the caule of the Hogg, and so roast them on a Bird-Spic.

To make a Portugall Dish.

TAKE the Guts, Gizards and Liver of two fat Capons, cut away the Gall from the Liver, and make clean the Gizards and put them into a Dish of clean water. Slit the Gut as you do a Calves Chaldron, but take off none of the fat, then lay the Guts about an hour in White-wine, as the Guts soke, halfe boyle Gizards and Liver, then take a long wooden broach, and put your Gizards and Liver thereon, but not close one to another, then take and wipe the Guts somewhat dry in Cloth, and season them with Salt and beaten Pepper, Clove and Mace, then wind the Guts upon the wooden Broach about the Liver, and Gizards, then tye the wooden Broach

spin, and lay them to the fire to roast, and roast them very brown, and baste them at all till they be enough, then take the Juicy of Mutton, the juyce of two or three oranges, and a grain of Saffron, mix all together, and with a spoon baste your roasts, let it drop into the same Dish. Then serve it, and serve it to the Table with the same sauce.

To dresse a dish of Hartieboaks.

Take and boyle them in the Beef-pot, when they are tender sodden, take off the tops, leaving the bottoms with some fat about them, then put them into a Dish, put some fair water to them, two or three spoonfulls of Sack, a spoonfull of Sugar, and so let them boyle upon the Coales, still pouring on the Liquor till it give it a good tast, when they have boyled halfe an hour take the Liquor from them, and make ready some Cream whited and thickned with the yolk of an egg or two, whole Mace, Salt, and Sugar, and some lumps of marrow, boyle it in the Cream, when it is boyled put a good quantity of sweet butter into it, and roast it to a roaste, and lay them under your Hartieboaks, and poure your Cream, and put it on them, Garnish it, &c.

To dresse a Fillet of Veale the
Italian way.

TAKE a young tender Fillet of Veale
pick away all the skins in the fold of
the flesh, after you have picked it out clean
so that no skins are left, nor any hard
thing; put to it some good White-Wine
(that is not too sweet) in a bowl & wash it
& crush it well in the Wine; doe so twice
then strew upon it a powder that is called
Tamara in *Italy*, and so much Salt
will season it well, mingle the Powder
well upon the Parts of your meat, then
poure to it so much White-Wine
will cover it when it is thrust down into
a narrow Pan; lay a Trencher on it and
weight to keep it downe, let it lye two
night and one day, put a little Pepper to
when you lay it in the Sauce, and after
it is sowled so long, take it out and put
into a Pipkin with some good Beef-broth
but you must not take any of the pickle
to it, but onely Beef-broth that is sweet
and not salt: cover it close and set it
over the Embers; onely put into it with the
Broth a few whole Cloves and Mace, and
let it stew till it be enough. It will be
very tender and of an excellent Taste.

shall be served with the same broth as much as will cover it.

To make the Italian, take Coriander seed two Ounces, Aniseed one ounce, Fennel-seed one ounce, Cloves two ounces, Cinnamon one ounce; These must be beaten to a grosse powder, putting into it a little powder of Winter-savoury; if you like keep this in a Vial-glasse close stopt for use.

To dresse Soales.

Take a Pair of Soales, lard them through with watered-fresh Salmon, then lay the Soales on a Table, or Pie-plate, cut the Salmon, lard all of an equal length on each side, and leave the Lard but short, then flower the Soales, and fry them in the Ale you can get; when they are fried lay them on a warme Pie-plate, and serve them to the Table with a Saller dish of Anchovy sauce, and three or four slices.

To make Fumilly.

Take a quart of Creame, a quarter of a pound of French-barley the whitest you can get, and boyle it very tender in three

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Take three or four severall waters, and let them stand till they are cold, then put both together, put in a blade of Mace, a Nutmeg cut in quarters, a piece of Ginger cut in three or five pieces, and so let it boyle a good while, still stirring, and season it with Sugar to your tast, then take the yolks of four Eggs and beat them with a little Cream, and stir them in, and so let it boyle a little after the Eggs are in, then have ready blanched and beaten twenty Almonds kept from oyling with a little Rose-water, then take a bonyer, strainer, and rub your Almonds with a little of your Furmity through the strainer, but set on the fire no more, and stir in a little Salt and a little sliced Nutmeg, pickt out of the great peices of it, and put it in a dish, and serve it.

To make Patties of Cabbage Cream.

Take thirty Ale pints of new milke, and set it on the fire in a Kettle till it is scalding hot, stirring it oft to keep it from creaming, then put it forth, into three Pans of Earth, as you put it forth, take off the bubbles with a spoon, let it stand till it be cold, then take off the Cream with a spoon, such slices as you beat Bisket bread with, but they must be very thin, and not too broad.

ed, then when the Milk is dropped off
Cream, you must lay it upon a Pye-
you must scour the Kettle very clean
heat the Milk again, and so four or five
times. In the lay of it, first lay a stalk in
the midst of the Plate, let the rest of the
Milk be laid upon that sloping, between
every laying you must scrape Sugar and
Rose-water, and if you will, the
odor of Musk, and Amber-greece, in
the heating of the Milk be carefull of
it.

To make Papet

Take three quarts of new milk, set it on
the fire in a dry silver Dish, or Bason,
when it begins to boyle skim it, then put
into a handfull of flour & yolks of three
eggs, which you must have well mingled
together with a Ladle-full of cold Milk,
when you put it to the Milk that boyles,
as it boyles, stir it all the while till it be
thick, and in the boyling, season it with
a little Salt, and a little fine beaten Sugar
so keeping it stirred till it be boyled as
thick as you desire, then put it forth into
another Dish and serve it up.

To make Spanish Pap.

TAKE three Spoonfulls of Rice-flour finely beaten and searced; two yolls of Eggs; three Spoonfulls of Sugar, three or foure Spoonfulls of Rose water. Temper these foure together, then put them to a pint of cold Cream, then set it on the fire and keep it stirred till it come to a reasonable thicknesse, then Dish it and serve it up.

To poach Eggs.

TAKE a dozen of new laid Eggs and flesh of foure or five Partridges, or other; mince it so small as you can season it with a few beaten Cloves, Mace, and Nutmeg, into a Silver Dish, with a Ladle full or two of the Gravy of Mutton wherein two or three Anchoves are dissolved; then set it a stewing on a fire of Char Coales, and after it is halfe stewed, as it boyles, break in your Eggs, one by one; and as you break them, poure away most part of the Whites, and with one end of your Egg-shell, make a place in your Dish of meat, and therein put your Yolks of your Eggs, round in order amongst

longst your meat, and so let them stew
your Eggs be enough, then grate in
a little Nutmeg, and the juyce of a cou-
ple of Oranges; have a care none of the
juice goe in, wipe your Dish and garnish
your Dish, with four or five whole O-
rangers, &c.

A Pottage of Beef Pallats.

Take Beefe Pallats after they be boyled
tender in the Beefe Kettle, or Pot
among some other meat, blanch and
wipe them cleane, then cut each Pallat
into two, and set them a stewing between two
dishes with a piece of leese Bacon, an
handful of Champignons, five or six sweet-
breads of Veale, a Ladle-full or two of
strong broth, and as much gravy of Mut-
ton, an Onion or two, five or six Cloves,
a blade or two of Mace, and a piece of
Orange Pils; as your Pallats stew, make
ready your Dish with the bottoms and tops
of two or three Cheat Loaves dried and
browned with some Gravy of Mutton,
and the broth your Palats stew in; you
must have the Marrow of two or three
rib-bones stewed in a little broth between
two Dishes in great pices; when your Pal-
ats and Marrow is stewed, and you ready

to Dish it, take out all the Spices, Onions and Bacon, and lay it in your Plates, sweet bread, and Champignons, pour in the Broath they were stewed in & lay on your peices of Marrow, wring the juyce of two or three Oranges; and so serve it to the Table very hot.

The Jacobins Pottage.

TAKE the flesh of a washed Capon or Turkey cold, mince it so small as you can, then grate or scrape among the flesh two or three ounces of Parmasane or old Holland Cheese, season it with beaten Cloves, Nutmeg, Mace, and Salt, then take the bottoms and tops of four or five new Rowles, dry them before the fire, or in an Oven, then put them into a faire silver Dish set it upon the fire, wet your bread in a Ladle full of strong Broth, and a Ladle full of Gravy of Mutton then strow on your minced meat of an equall thicknesse in each place, then stick twelve or eighteen peices of Marrow as bigge as Walnuts, and pour on an handfull of pure Gravy of Mutton then cover your Dish close, and as it stews addenow and then some Gravy of Mutton

tion there to, thrust your Knife some-
 way to the bottome, to keep the bread
 sticking to the Dish, let it so stew still,
 if you are ready to Dish it away, and
 when you serve it, if need require, ad more
 of Mutton, wring the j-oyce of two
 three Oranges, wipe your Dishes brims,
 and serve it to the Table in the same Dish.

To Salt a Goose.

Take a fat Goose and bone him, but
 leave the brest bone, wipe him with a
 clean cloath, then salt him one fortnight,
 then hang him up for one fortnight or
 three weeks, then boyl him in running wa-
 ter very tender, and serve him with Bay-
 onet.

A way of stewing Chickens or Rabbits.

Take two three or foure Chickens, and
 let them be about the bigness of a Par-
 tridge, boyl them til they be half boyled e-
 nough, then take them off and cut them in
 little peices, putting the joynt bone one
 in another, and let not the meat be min-
 ced, but cut into great bits, not so ex-
 ceedingly but more or lesse, the brest bones are
 also proper to be put in, but put the
 together with the other bones
 upon

upon which there must also be some
meat remaining) into a good quantity
of Water or Broth wherein the Chickens
were boyled, and set it then over
a Chaffing-Dish of coales between two
Dishes; that so it may stew on till it is
fully enough; but first season it with Salt
and gross Pepper, and afterwards add Oil
to it, more or lesse according to the good-
nesse thereof; and a little before you take
it from the fire, you must adde such
quantity of Iuyce of Lemons as may be-
come with your Taste. This makes an
excellēt dish of Meat, which must be
served up in the Liqueur; and although for
meat it may be made with Mutton instead
of Chickens, and with Vinegar instead of Iuyce
of Lemons, yet is the other incomparably
better for such as are not Enemies to
Oyle. The same Dish may be made also
of Veal, or Partridge, or Rabbits, and is
deed the best of them all, is Rabbits, if they
be used so before Michaelmas, for after-
wards me-thinkes they grow ranke; for
though they be fatter, yet the flesh is more
hard and dry.

Take a couple of young Capons, Trusse and set them and fill their bellies with Marrow, put them into a Pipkin with a knuckle of Veale, a Neck of Mutton, and a Marrow-bone, and some bread of Veale; season your Broth with Cloves, Mace, and a little Salt, let it boyle gently till the Capons be enough, but boyle them not too much; as your Capons boyle, ready the bottoms and Tops of your own new Bowles, and put them into a fair Silver Dish wherein serve the Capons; set it on the fire, and put to your broth two Ladlesfull of Mutton wherein your Capons are boyled, a Ladlesfull of the Gravy of Mutton, pour over your Dish, and let it stand till you Dish up your Capons if need require, adde now and then a Ladlesfull of Mutton and Gravy, least the bread grow cold, when you are ready to serve it, first Dish the Marrow bone, then the Capons each side, then fill up your Dish with the Gravy of Mutton, wherein you have wring the juyce of a Lemon or Orange, then with a spoon take off all the fat that

that swimmeth on the pottage, then garnish your Capon with the Sweet Herbs and some Lemons, and so serve it.

To dresse Soales another way.

TAKE Soales, fry them halfe enough, then take Wine seasoned with Salt, Ginger, and a little Garlick, let the Wine and seasoning boyle in a Dish, when the boyles and your Soales are halfe fry'd, then the Soales and put them into the Wine when they are sufficiently stewed, upon their backs, lay the two halfe open on one side and on the other, then lay chives finely washed along, and on sides over again, let them stew till they are ready to be eaten, then take them out, lay them on the Dish, pour some of the Liquor which they stew in upon them, squeeze an Orange in.

A Carpe Pyl.

Take Carps scald them, take out the great bones, pound the Carps in a Morter pound some of the blood in the flesh which must be at the discretion of the Cook because it must not be soft, then lard it with the belly of a fat Eale, season it, and bake it like Deere and eat it cold.

This is meat for a Pope.

To boyle Ducks after the french fashion.

Take and lard them and put them upon a spit, and halfe roast them, then put them & put them into a Pipkin, and put a quart of Clarit Wine into it, and shute it, & a pint of great Oysters taking the beards from them, and three Ouyons pared very small, some Mace and a little Ginger, a little Tonic stripe, a Caul of French Rowle grated put into it to steeke it, and so dill it upon a fope. This may be diversified, if there be strong broth there need not be so much Wine put in, and if there be no oysters or Chesnuts you may put in Hartichoak bottoms, Turnips, Colliflowers, Bacon in thin slices, Sweet Mad's, &c.

To

To boyle a Goose with Sausages.

TAke your Goose and salt it two
 three dayes, then trusse it to boyle,
 Lard as big as the top of your finger,
 as much as will Lard the flesh of the backe
 season your lard with Pepper, Mace, and
 Salt; put it a boyling in Beefe broth
 you have any, or water, season your
 quor with a little Salt, and Pepper
 beaten an ounce or two, a bundle of
 leaves, Rosemary and Tyme, tyed along
 ther; you must have prepared your
 Cabbage or sausages boyl'd very tender
 squeeze all the water from them, then
 put them into a Pipkin, put to them a little
 strong broth or Clarret Wine, an Onion
 or two; season it with Pepper, Salt and
 Mace to your taste six Anchoyes dissolved
 put altogether, and let them stew a good
 while on the fire; put a Ladle of this
 Broth, a little Vinegar, when your Goose
 is boyled enough, and your Cabbage
 Sippets of bread and the Goose
 the top of your Cabbage, and some on the
 Cabbage on top of your Goose, serve
 up

To fry Chickens.

Take five or six and scald them, and cut
them in pieces, then flea the skin from
them, fry them in Butter very brown, then
take them out, and put them between two
cloths with the Gravy of Mutton, Butter,
an Onion, six Anchoves, Nutmeg,
Salt to your taste, then put sops on
a Dish, put fryed Parsley on the top
your Chicken being Dish'd, and so
eat them.

To make a Battalia Pie.

Take foure tame Pigeons and Trusse
them to bake, and take foure Oxe Pal-
lets well boyled and blanched, and cut
in little pieces; take six Lamb stons,
as many good Sweet breads of
yeast cut in halves and parboyld, and
six Cockcombs boyld and blanched,
the bottoms of four Hartichoaks, and
a pint of Oysters parboyled and bearded,
the Marrow of three bones, so sea-
son all with Mace, Nutmeg and Sale; so
put your meat in a Coffin of fine Paste
proportionable to your quantity of meat;
put halfe a pound of Butter upon your
meat,

meat, put a little water in the Pye, be-
 lie be set in the Oven, let it stand in the O-
 ven an houre and a halfe, then take it out
 pour out the butter at the top of the Pye
 and put it in leer of Gravy, butter, and
 Lemons, and serve it up.

To make a Chicken Pye.

TAKE four or five chickens, cut them
 in peices, take two or three Sweet-breads
 parboyl'd and cut the peices as big as wal-
 nuts; take the Udder of Veal cut in
 slices, or little slices of Bacon, the bones
 of Hartichocks boyl'd, then make your
 fin proportionable to your meat, season
 your meat with Nutmeg, Mace and Salt
 then some butter on the top of the Pye
 put a little water into it as you put it
 to the Oven, and let it bake an hour,
 then put in a leer of butter, Gravy or Mock
 eight Lemons sliced, to serve it.

To make a Pye of a Calves head.

TAKE a Calves head, cleane it and wash
 it very well, put it a boyling till it is
 three quarters boyled, then cut off the

the bones, and cut it in peices as big
Walnuts. Blanch the Tongue and
it in slice, take a quart of Oyflers
boil'd and bearded, take the yolks of
elve Eggs, put some thin slices of bacon
among the meat, and on the top of the
meat, when it is in the Pye cut an Onion
small, and put it in the bottome of your
Pye, season it with Pepper, Nutmeg, Mace,
and Salt, make your Coffin to your meat
in that fashion you please. Let it bake an
hour and a half, put butter on the bottome
of the top of your Pye before you
close it, put a little water in before you
put it into the Oven, when you draw it out
take off the Lid, and put away all the fat
from the top and put in a leere of thick but-
ter Gravy of Mutton, a Lemon pared
and sliced with two or three Anchoves
dissolved. So stew these together, and
take your Lid in handsome peices, and lay
it round the Pye, so serve it.

To make Creame with Snow,

TAKE three Pints of Creame, and the
whites of seven or eight Eggs and
beat them together, and a little Rose-
water, and as much Sugar as will sweeten

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ten it, then take a sticke as big as a childes
Arme, cleave one end of it a crosse, and
widen your peices with your finger, beat
your Cream with this sticke, or else with
a bundle of Reeds tyed together, and
rowl between your hand standing upright
in your Creame, now as the Snow ariseth
take it up with a spoon in a Cullender
that the thin may run out, and when you
have sufficient of this Snow; take the
Cream that is left, & seeth it in the Skellet
and put thereto whole Cloves, stickes of
Cinnamon, a little Ginger brulled, and
seeth it till it be thick, then strain it, and
when it is cold put it into your Dish, and
lay your Snow upon it.

To make minced Pies.

TAKE a large Neats tongue, thread
very well, three pound and a halfe of
Suet very well thread, Currans three
pound, halfe an ounce of beaten Cloves
and Mace, season it with Salt when you
think't fit, halfe a preserved Orange, or in
stead of it Orange Pills, a quarter of a
pound of Sugar, a little Lemon Pill
red very thin, put all these together ve-
ry well, put to it two Spoonfull of Ver-
juice

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and a quarter of a Pint of Sack.

To dry Neats Tongues.

TAKE Bay salt beaten very fine, and Salt-Peter of each a like, and rub your tongues very well with that, and cover all over with it, and as it waits put on fire, and when they are very hard and stiff they are enough, then rowle them in bran, and dry them before a soft fire, and before you boyle them, let them lie one night in Pumpe Water, and boyle them in the same sort of water.

To make Jelly of Harts Horn.

Take six ounces of Hart-Horn, three ounces of Ivory both finely carped, boyle it in two quartis of water in a Pipe close covered, and when it is three times wasted, you may try it with a spoon if it will be jelly, you may know by its sticking to your Lips, then straine it through a jelly bag; season it with Rose-water, Iuyce of Lemons and double refined Sugar, each according to your taste, then boyle altogether two or three
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saltes, so put in the Glasse and keep for
your use.

To make Chickens fat in four or five dayes.

TAke a pint of French Wheat and a
pint of Wheat flower, halfe a pound
of Sugar, make it up into a stiff Pastey, and
rowle it into little rowles, wet them in
warmed Milk, and so Cram them, and they
will be fat in four or five dayes, if you
please you may sow them up behind one
or two of the last dayes.

To make Angelot.

TAke a Gallon of Stroakings and a
Pint of Cream as it comes from the
Cow, and put it together with a little
Rennet; when you fill, turne up the middle
side of the Cheese-fat, fill them a little
once, and let it stand all that day and
next, then turn them, and let them stand
they will slip out of the Fat, Salt them on
both sides, and when the Coats begin to
come on them, neither wipe nor scrape
them, for the thicker the Coat is the better.

A Persian Dish.

TAKE the fleshy part of a Leg of Mutton, strip from the fat and sinews, beat that well in a Morter with Pepper and Salt, and a little Onyon or Garlick water by it selfe, or with Herbs according to your taste, then make it up in flat cakes, and let them be kept twelve houres betwene two Dishes before you use them, then fry them with butter in a frying Pan and serve them with the same butter, and you will find it a dish of savory meat.

To roast a Shoulder of Mutton in blood.

WHEN your sheepe is killed save the blood, and spread the carcase all open upon a Table that is wet, that it may not stick to it; as soone as you have bleed your sheepe, cut off a shoulder, and having Tyme picked, shred and cut small into some of your blood, stop your shoulder with it, inside and outside, and into every hole with a Spoone; put some of the Blood;

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After you have put in the Tyme, then lay your Shoulder of Mutton upon the caule and wrap that about it, then lay it into a Tray, and pour all the rest of the blood upon it; so let it lie all night, if it be in Winter, you may let it lie twenty foure hours, then roast it.

To roast a Leg of Mutton to be eaten cold.

First take so much Lard as you thinke sufficient to Lard your Leg of Mutton withall, cut your Lard in grosse long Lardors; season the Lard very deep with beaten Cloves, Pepper, Nutmeg, and Mace, and bay salt beaten fine and dryed, then take Parsley, Tyme, Marjoram, Onion, and the out-rine of an Orange, shred all these very small, and mix them with the Lard, then Lard your Legge of Mutton therewith, if any of the Herbs and Spice remaine, put them on the Legge of Mutton, then take a silver Dish, lay two sticke cross the Dish to keepe the Mutton from lopping in the Gravy and fat that goes from it, lay the Legge of Mutton upon the stickes, and set it into an hot Oven, there let it roast, turne it once but baste it not at all, when it is enough and very

very tender, take it forth but serve it not
till it be thoroughly cold; when you serve
it, put in a saucer or two of Mustard, and
Sugar, and two or three Lemons whole in
the same dish.

To roast Oysters.

Take the greatest Oysters you can get,
and as you open them, put them into a
Dish with their own Liquor, then take
them out of the Dish, and put them into a
brazier, and pour the Liquor to them, but
be sure no gravell get amongst them; then
have them covered on the fire, and scald
them a little in their owne Liquor, and
when they are cold, draw eight or ten
Lards through each Oyster; season your
Lard first with Cloves, Nutmeg beaten
very small, Pepper; then take two wood-
den Lard Spits, and spit your Oysters
thereon, then tye them to another spit, and
roast them. In the roasting baste them with
Anchovy sauce, made with some of the
Oyster Liquor, and let them drip into
the same dish where the Anchovy sauce
is; when they be enough, bread them with
the crust of a roul grated on them, and
when they be brown, draw them off, then
take the sauce wherewith you basted

your Oysters, and blow off the fat, then put the same to the Oysters, wring in the juyce of a Lemon, so serve it.

To make a Sack Posset.

TAKE a quart of Cream and boyle it very well with Sugar, Mace, and Nutmeg, take half a pint of Sack, and as much Ale, and boyle them well together with some Sugar, then put your Cream into your Bason to your Sacke, then heat a pewter dish very hot, and cover your Bason with it, and set it by the fire side, and let it stand there two or three hours before you eat it.

Another Sack Posset.

TAKE eight Eggs, yolks and whites, and beat them well together, straine them into a quart of Cream, season them with Nutmeg and Sugar, put to them a pint of Sack, stir them altogether, and put them into your Bason, and set them in the Oven no hotter then for a Custard, let it stand two hours.

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To make a Sack Poffet without Milk or Cream.

Take eighteen Eggs wites and all, taking out the breads, let them be beaten very well, take a pint of Sack and a quart of Ale boyled, and scum it, then put in three quarters of a pound of Sugar and a little Nutmeg, let it boyle a little together, then take it off the fire stirring the Eggs still, put into them two or three Ladle-fuls of Ale, then mingle all together and set it on the fire, and keepe it stirring till you see it thick, then serve it up.

To make a stumpe Pye.

Take a Leg of mutton, one pound and a half of the best Suet, mince both small together, then season it with a quarter of a pound of Sugar, and a small quantity of salt, and a little cloves & mace,
D 5 then

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then take a good handfull of Parsly half a
pound Tyme, and mince them very small,
and mingle them with the rest; then take
six new laid Eggs and break them into
the meat and worke it well together, and
put it into the past; then upon the Top
put Rallins, Currans and Dates a good
quantity, cover and bake it, when it is
baked, and when it is very hott, put into
it a quarter of a Pint of White wine Vi-
negar, and strow Sugar upon it, and
serve it.

To make Mrs. Leedes Cheese Cakes.

TAKE six quarts of milk and ren it pro-
perly cold, and when it is tender com-
drayn from it your Whey in a strainer,
then hang it up till all the Whey be
dropt from it, then presse it, change it in
to dry cloaths till it wet the cloth no
longer, then beat it in a stone Mortar
till it be like butter, then straine it
through a thin strainer, mingle it with
one pound and a halfe of butter with your
hands, take one pound of Almonds, and
beat them with Rosewater till they are
like your Curd, then mingle them with
the yolke of twenty Eggs and a quart
of Cream, two great Nutmegs, one pound
and a halfe of sugar, when your Cassins are

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ly and going to set in the Oven; then
single them together, let your Oven
made hot enough for a Pigeon Pye,
and let a stone stand up till the scorching
past, then set them in, half an hour
bake them well, your Coffins must
made with Milk and Butter as stiff as
other Past, then you must set them
in a pretty hot Oven, and fill them
with Bran, and when they are harded,
take them out, and with a Wing, brush
the Bran, they must be pricked.

To make Tarts called Taffary Tarts.

First wet your Past with Butter and
cold Water, and rowle it very thin,
then lay them in layes, and between
every lay of Apples strew some Sugar,
and some Lemon Pill, cut very small, if
you please put some Fennell-seed to them;
then put them into a stoak hot Oven,
and let them stand an hour in or more,
then take them out, and take Rose-water
and Butter beaten together, and wash
them over with the same, and strew fine
sugar upon them; then put them into
the Oven again, let them stand a little
while and take them out.

The Compleat Cook.

To make Fresh Cheese.

Take three pints of raw Cream and sweeten it well with Sugar, and set it over the fire, let it boyle a while, then put in some Damask-Rose-Water, keep it still stirring least it burn too, and when you see it thickned and turned, take it from the fire, and wash the strainer and Cheesecloth with Rose-water, then rowl it too and fro in the Strainer to draine the Whey from the Curd, then take up the Curd with a spoon and put them into the Fat, let it stand till it be cold, then put it into the Cheese Dish with some of the Whey, and so serve it up.

To make Sugar Cakes or Jumballs.

Take two pound of flower, dry it and season it very fine, then take a pound of Loaf Sugar, and beat it very fine and searce it, mingle your Flower and Sugar very well, then take a pound and a halfe of sweet Butter and wash out the

Salt

The Complex Cook.

Take, and breake it into bits with your
Flower and Sugar, then take yolks of
some new laid Eggs, and four or five
Spoonfulls of Sack, and four Spoonfulls of
Creame; beat all these together, then
put them into your Flower, and knead
them to a Past, and make them into what
fashion you please, and lay them upon
Paper or Plates, and put them into the
Oven, and be carefull of them, for a very
little thing bakes them.

*For Fumbals you must only adde the whites
of two or three Eggs.*

To baste a Shoulder of Mutton.

Take a Shoulder of Mutton and slice
it very thin till you have almost no-
thing but the Bone, then put to the
meat some Claret wine, a great Onion,
some Gravy of Mutton, six Anchoves,
a hand full of Capers, the tops of a little
Tymes, mince them very well toge-
ther, then take nine or tenne Eggs,
the juyce of one or two Lemons, to

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The Compleat Cook.

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Créame; beat all these together, then
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The Compleat Cook.

to make it tart, and make leere of them, then put the meat all in a Frying-Pan over the fire till it be very hot; then put in the leere of Eggs and soak altogether over the fire till it be very thick; then boyle your bones, and put it on the top of your meat being Dish'd, Garnish your Dish with Lemons, serve it up.

*To dresse Flounders or Playce with
Garlick and Mustard.*

TAKE Flounders very new, and cut all the Fins and Tail, then take out the Guts and wipe them very clean, they must not be at all wash'd, then with your Knife scotch them on both sides very grosely; then take the Tops of Tyme and cut them very small, and take a little Salt, Mace, and Nutmeg, and mingle the Tyme and them together, and season the Flounders; then lay them on the Grid-iron and baste them with Oyle or Butter, let not the fire be too hot, when that side next the fire is brown; turn it, and when you turn it, baste it on both sides till you have broyl'd them brown, when they are enough make your sauce with Mustard two or three Spoonfull according

to discretion, six Anchoves dissolved very well, about halfe a pound of butter drawn up with garlick, vinegar, or musht garlick in other vinegar, rubb the bottom of your Dish with garlick. So put your sauce to them, and serve them, you may fry them if you please.

A Turkish Dish.

TAKE fat Beefe or Mutton cut in thin slices, wash it well, put it into a pot that hath a close cover, then put into it a good quantity of clean pick'd rice, skinn'd very well; then put into it a quantity of whole Pepper, two or three whole Onions; let all this boyle very well, then take out the Onion and dish it in Sippets, the thicker it is the better.

To dresse a Pyler.

CUT him in peices, and strew upon him salt and scalding vinegar, boyle him in water and White wine, when he is boyling put in sweet Herbs, Onion, Garlick, Ginger, Nutmeg, and salt; when he is boyled take him out of the Liquor, and let him drayn, in the mean time beat Butter

Butter and Anchoves together, and pour it on the fish, squeezing a little Orange and Lemon upon it.

To dresse Oysters.

TAKE Oysters and open them, and save the Liquor, and when you have opened so many as you please, adde to this Liquor, some White-wine, wherein you must wash your Oysters one by one very clean, and lay them in another Dish; then strain to them that mixed wine and Liquor wherein they were washed, adding a little more Wine to them with an Onion divided with some Salt and Pepper, so done, cover the Dish and stew them till they be more then halfe done; then take them and the Liquor, and pour it into a Frying-Pan, wherein they must fry a pretty while, then put into them a good peice of sweet butter, and fry them therein so much longer; in the mean time you must have beaten the yolks of some Eggs, as four or five to a quart of Oysters; These Eggs must be beaten with some Vinegar, wherein you must put some minced Parsly and Nutmeg finely scraped, and put therein the Oysters in the Pan, which must
still

will be kept stirring least the Liqueur make the Eggs curddle, let this all have a good burne on the fire, and serve it up.

To dresse Flounders.

Take of the black skin, and scowre the Fish over on that side with a Knife, lay them in a dish, and poure on them some Vinegar, and strew good store of Salt, let them lie for halfe an houre; in the mean time set on the fire some water with a little White-Wine, Garlick and sweet Herbs as you please, putting into it the Vinegar and Salt wherein they lay, when it boyles put in the biggest fish, then the next till they be in; when they are boyled, take them out and drain them very well, then draw some sweet butter thick, and mix with it some Anchoves shred small, which being dissolved in the Butter, poure it on the fish, strewing a little sliced Nutmeg, and minced Oranges and Barberries.

To dresse Snails.

TAKE Snailles and put them in a Kettle of water, and let them boyle a little then take them out, and shake them out of the shells into a Bason; then take some Salt and scoure them very well, and wash them in warme water, untill you find the slime cleane gone from them; then put them into a Cullender and let them drain well, then mince some sweet hearbs, and put them into a Dish with a little Pepper and Sallet-Oyle together, then let them stand an hour or two; then wash the shells very well and dry them, and put into every shell a Snail, and fill up the shell with Sallet-Oyle and herbs, then set them on a gridiron upon a soft fire, and so let them stew a little while, and dish them up warme and serve them up.

To dresse pickle fish.

WASH them well while they are in the shell in salt water, put them into a Kettle over the fire without water; and stirre them till they are open, then take them out of their shells

els, and wash them in hot water and
then take some of their owne liquor
they have made in the Kettle, a little
white wine, butter, vinegar, Spice, Parsley;
all these boyle together, and when it is
boyled, take the yolk of three or four Eggs
and put into the broth. Scollops may be
dressed on this manner or broiled like oy-
sters with Oyle or juyce of Lemons.

To fricate Beefe Pallats.

Take Beefe Pallats after they be boyled
very tender, blanch and pare them
clean, season them with fine beaten cloves
mace, Pepper, Salt, and some grated
bread; then have some butter in a frying
pan, put your pallats therein, and so fricate
them till they be browne on both sides,
then take them forth and put them on a
dish, and put thereto some Gravy of Mut-
ton, wherein two or three Anchoves are
dissolved, grate in your sauce a little Nut-
meg, wring in the juyce of a Lemon, so
serve them.

To.

A Spanish Olio.

TAKE a peice of Bacon not very fat but sweet and safe from being ruff a peice of fresh beefe, a couple of hog Eares, and foure feet if they can be had and if not, some quantity of sheeps feet (Calves feet are not proper) a joynt Mutton, the Leg, Rack, or Loyne, Hen, halfe a dozen pigeons, a bundle Parsley, Leeks, and Mint, a clove of Garlicke when you will, a small quantity of Pepper, Cloves, and Saffron, so mingle them that not one of them over-rule, the Pepper and Cloves must be beaten as fine as possible may be, and the Saffron must be dried, and then crumble in powder and dissolved apart in two or three spoonfulls of broth, but both the Spices and the Saffron may be kept apart till immediately before they be used, which must not be, till within a quarter of an hour before the Olio be taken off from the fire; a pottle of hard dry pease, which they have first steeped in water for three dayes, a pint of boyl'd Chesnuts: particular care must be had that the pot wherein the Olio is made, be very sweet Earthen I thinke is the best, and judge

is to be had carefully both in the
of the Pot, and in the quantity of the
water at the first, that so the Broth may
afterwards to be neither too much
too little, nor too grosse, nor too thin;
meat must be long in boyling, but the
not too fierce, the Bacon, the Beef, the
the Chefnuts, the Hogs Eares may
be put in at the first. I am utterly against
confused Olios into which men put
most all kinds of meats and Roots, and
specially against putting of Oyle, for it
rupts the Broath, instead of adding
thinnesse to it. To do well, the Broth is
better to be drunk out of a Porringer then
eaten with a spoon, though you add
small slices of bread to it, you will like
the worse. The Sauce for chy meat must
be much fine Sugar beaten smal to pow-
der with a little Mustard, as can be made
drink the Sugar up, and you will find it
be excellent, but if you make it not
carefully and justly according to this
script, but shall neither put Mace, or
Sesmary, or Tyme to the Herbs as the
manner is of some, it will prove very
much the worse.

To make Metbeglin.

TAKE all sorts of Herbs that are good and wholesome, as Balme, Mint, Fenell, Rosemary, Angelica, wilde Tym, Isop, Burnet, Egrimony, and such others as you think fit; some Field Herbs, but you must not put in too many, but especially Rosemary or any strong Herbs, lesse then halfe a handfull will serve every sort, you must boyle your Herbs and straine them, and let the Liquor stand till to Morrow and settle them, take of the clearest Liquor, two Gallons, and halfe to one Gallon of Honey, and the proportion as much as you will make, and let it boyle an houre, and in the booyling skim it very cleane, then set it cooling as you doe Beere, when it is cooled take some very good Ale Barme, and put it into the bottome of the Tubb a little, and a little as they doe Beere, keeping back the thicke setting, that lyeth in the bottome of the Vessell that it is cooled in, and when it is all put together, cover it with a Cloth, and let it worke very neere three dayes, and when you mean to put it up, skim off all the Barme cleane, put

into the Veffell, but you muft not ftop
ur Veffell very clofe in three or four
yes, but let it have all the vent, for
will worke, and when it is clofe ftop-
ed, you muft looke very often to it,
I have a peg in the top to give it vent;
when you heare it make a noyfe, as it will
or elfe it will breake the Veffell; some-
times I make a Bag and put in good ftore
Ginger fliced, fome Cloves and Cinna-
mon, and boyl it in, and other times I put
into the Barrell and never boyle it, it is
very good, but Nutmeg and Mace do not
all to my Taft.

To make a Sallet of Smelts.

Take halfe a hundred of Smelts, the
biggeft you can get, draw them and
off their Heads, put them into a Pip-
per with a Pint of White wine, and a
of White wine Vinegar, an Onion
a couple of Lemons, a Race of
Ginger, three or foure blades of Mace,
Nutmeg fliced, whole Pepper, a little
oil, cover them, and let them ftand
twenty foure houres; if you will keep
them three or four dayes, let not your
pickle be too ftong of the Vinegar,
when

when you will serve them, take them out one by one, scrape and open them as you do Anchoves, but throw away the bones, lay them close one by one, round a Silver dish, you must have the very utmost rind of a Lemon or Orange so small as grated bread and the Parsley, then mix your Lemon Pill, Orange and Parsley together with a little fine beaten Pepper and strew this upon the dish of Smelts with the meat of a Lemon minced very small, also then power on excellent Sallet-Oile, and wring in the joyce of two Lemons, but be sure none of the Lemon seed be left in the Sallet, so serve it.

To Roast a Fillet of Veal.

TAKE a Fillet of Beefe which is the tenderest part of the Beast, and lieth only in the inward part of the Surloyn next to the Chine, cut it as big as you can, then broach it on a broach not too big, and be carefull you broach it not thorow the best of the meat, roast leisurely and baste it with sweet butter. Set a Dish under it to save the Gravy while the Beefe is roasting, prepare a Sauce for it, chop good store of Parsley with

Take a few sweet Herbs shred small, and
the yolks of three or foure Eggs, and mince
among them the pill of an Orange, and
a little Onyon, then boyle this mixture,
putting into it sweet butter, Vinegar,
and Gravy, a spoonfull of strong broth,
when it is well boyled, put it into your
dish, and serve it very warm, sometimes a
little grosse Pepper or Ginger into your
sauce, or a pill of an Orange or Lemon.

*To make a Sallet of a cold Hen
or a Capon.*

Take the breast of a Hen or Capon,
and slice it as thin as you can in steaks,
put therein Vinegar, and a little Sugar as
you thinke fit, then take six Anchoves,
and a handfull of Capers, a little long
garlicke or a carrigon, and mince them to-
gether, but not too small, strew them on
the Sallet, Garnish it with Lemons, O-
ranges or barberries, so serve it up with a
little salt.

To stew Musbrums.

Take them fresh gathered and cut off the
hard end of the stalk, & as you Peel them
throw them into a Dish of white Wine,
E after

After they have lain half an houre or there
upon draine them from the wine; and put
them between two silver Dishes, then set
them on a soft fire without any liquor
and when they have so stewed a while
pour away the liquor that comes from
them which will be very black, then put
your Mushrooms into another clean Dish
with a sprig or two of Tyme, an Onion
whole, four or five cornes of whole Pe-
per, two or three Cloves, a bit of an
range, a little Salt, a bit of sweet butter
and some pure gravy of Mutton, cover
them, and set them on a gentle fire, so
let them stew softly till they be enough
very tender, when you dish them blotting
off all the fat from them, and take away
the Tyme, spice, and Orange, then write
in the iuyce of a Lemon, and grate a little
Nutmeg among the Mushrooms, to make
them two or three times; put them in a
clean dish, and serve them hot to the
Table.

Lord Conway his Lordships receipt
for the making of Amber
Puddings.

First take the Guts of a young hog, and wash them very clean, and then take two pound of the best hogs fat, and a pound and a halfe of the best Jurden almonds, the which being blancht, take one half of them, & beat them very small, and the other halfe reserve whole unbeaten, then take a pound and a halfe of fine Sugar and four white Loaves, and grate the loaves over the former composition, and mingle them well together in a bason having foldone, put to it halfe an ounce of Ambergrece, the which must be scrapt very small over the said composition, take also halfe a quarter of an ounce of levant musk and bruise it in a marble mortar, with a quarter of a Pint of orange flower water, then mingle these all very well together, and having so done, fill the said Guts therewith, this Receipt was given his Lordship by an Italian for a great rariety, and has been found so to be by those Ladies of honour to whom his Lordship has imparted the said reception.

To make a Partridge Tart.

TAKE the flesh of four or five Partridges minced very small with the same weight of Beef marrow as you have Partridge flesh, with two ounces of Orangeadoes and green citron minced together as small as your meate, season it with Cloves and Mace and Nutmeg and a little salt and Sugar, mix all together, and bake it in puff past; when it is baked, open it, and put in halfe a Grain of Muske or Amber braid in a Morter or Dish, and with a spoonfull of Rosewater and the juyce of three or four Oranges, when you put all these therein, stir the meat and cover it again, and serve it to the Table.

To keepe Venison all the yeare.

TAKE the hanch, and parboyle it a while, then season it with two Nutmegs, a spoonfull of Pepper, and a good quantity of salt, mingle them altogether, then put two spoonfulls of white Wine Vinegar, and having made the Venison full of holes, as you do when you Lard it, when it is Larded, put in the Venison
for

at the holes, the Spice and Vinegar, and season it therewith, then put part into the Pot with the fat side downwards, cover it with two pound of Butter, then close it up close with course Past, when you take it out of the Oven take away the Past, and lay a round Trencher with weight on the top of it to keep it down till it be cold, then take off the Trencher, and lay the Butter flat upon the Venison, then cover it close with strong white Pepper, if your Pot be narrow at the bottom is the better, for it must be turned upon Plate, and stuck with Bayleaves when you please to eat it.

To bake Brawn.

Take two Buttocks and hang them up two or three dayes, then take them down and dip them into hot Water, and knock off the skin, dry them very well with a clean Cloth, when you have so done, take Lard, cut it in peices as big as your little finger, and season it very well with Pepper, Cloves, Mace, Nutmeg, and Salt, put each of them into an earthen pot, put in a Pint of Claret wine, a pound Mutton Suet. So close it with past

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let

let the Oven be well heated, and so bake them; you must give them time for the baking according to the bignesse of the Hanchies, and the thicknesse of the Pot. they commonly allot seven hours for the baking of them; let them stand three dayes, then take off their Cover, and poure away all the Liquor, then have clarified Butter, and fill up both the Pots to keep it for the use, it will very well keep two or three moneths.

To roast a Pike.

Take a Pike, scoure off the slime, take out the Entralls; Lard it with the backs of Pickled Herrings, you must have a sharp Bodkin to make the holes, no Larding pins will go thorow, then take some great Oysters, Glacer Wine, season it with Popper, Salt, and Nutmeg, stuff the belly of the Pike with these Oysters, intermix with them Rosemary, Tyme, Winter-Savory, sweet Marjoram, a little Onyon and Garlick, sow these in the belly of the Pike, prepare two sticks about the breadth of a Lath, these two sticks and the Spit must be as broad as the Pike being tyed on the Spit, tye the Pike on; winding Pack-thread about the Pike along, but there must be tyed by the

Take Pack-thred all a long the side of the
 which is not defended by the spine,
 and the Lathes Rosemary and Bayes, batt
 the Pike with Butter and Claret-Wine,
 with some Anchoves dissolved in it,
 when it is wasted, rip up the belly of the
 Pike and the Oyster will be the same,
 the Herbs which are whole must be
 taken out.

To sauce Eeles.

TAKE two or three great Eeles, rubb
 them in salt, draw out the Guts, wash
 them very clean, cut them a thwart on
 both sides sound deep, and cut them again
 cross way, then cut them through in
 such pieces as you think fit, and put them
 into a dish with a pint of Wine-Vinegar,
 and a handfull of Salt, have a kettle over
 the fire with faire Water, and a bundle of
 sweet Herbs, two or three great Onions,
 some Mace, a few Cloves, you must let
 these lie in Wine-Vinegar and Salt, and put
 them into boyling liquor, there let them
 boyl according to Cookery, when enough,
 take out the Eeles, and drain them from
 the Liquor, when they are cold, take a
 pint of White-wine, boyle it up with Saf-
 fron to colour the Wine, then take out
 some of the Liquor, and put it in an earthen

can take but the onyons and all the herbs, only let the Cloves and Mace remaine, you must beat the Saffron to powder, for ife it will not colour.

To make Sausages without skins.

Take a leg of young Pork, two pound of Beef-suet, two handfulls of Sage, two loaves of white bread, Salt and Pepper to your tast, halfe the pork, and halfe the suet, must be very well beat in a stone Morter, the rest cut very small, be sure to cut out all the gresles and Leners in the pork, when you have mixed these altogether, knead them into a stiffe past with the yolks of two or three Eggs, so rowle them into Sausages.

To dresse a Pike.

Take a Male Pike, rub his skin off whilst he lives, with bay salt, having well cleared the outside, lay him in a large Dish or Tray, open him so as you break not his gall, cut him according to the size of the fish, in two or three peices, from the head to the taile must be slit, this done, they are to be layd as flat as you can, in a great Dish or Tray, poure upon it halfe a pint of White wine-Vinegar, more or lesse, according to the size of

the Fish, then strew upon the inside of
the Fish, white Salt plentifully, Bay salt
eaten very small is better, whilst this is
doing, let a Skellet with a sufficient
quantity of Renish Wine, or good white
Wine be put over the fire, with the Wine,
Salt, Ginger, Nutmeg, an Onion, foure
or five Cloves of Garlick, a bunch of
sweet Herbs, viz. Sweet Marjoram, Rose-
mary, peel of halfe a Lemon, let these boyl
to the heighth, put in the Pike, with the
Vinegar, in such manner as not to querch
the allay, if possibly the heat of the Lignor,
put the thickest peece first that will aske
most boyling, and the Vinegar last of all;
while the Pike boyles, take two quarters
of a pound of Anchoves, one quarter of ve-
ry good butter, a Saucer of the Lignor
your Pike was boyled in, dissolved An-
choves. Note that the Lignor, Sauce, the
spice, and the other ingredients must
follow the proportion of the Pike; if your
Sauce be too strong of the Anchoves, adde
more faire water to it. Note also that the
Lignor wherein this Pike was dressed, is
water to boyle a second Pike therein, when
it was at the first.

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 more faire water to it. Note also that the
 liquor wherein this Pike was dressed, is
 better to boyle a second Pike therein, than
 was at the first.

E.S.

To dresse Eeles.

CUT two or three Eeles into pieces of a convenient length, set them end-ways in a pot of Earth, put in a spoonful or two of Water, and to them put some Herbs and Sage chopt small, some Garlick Pepper, and Salt, so let them be baked in an Oven.

To boyle a pudding after the French fashion.

TAKE a Turkey that is very fat, and being pul'd and drest, Lard him with long pieces of Lard, first wholed in seasoning of Salt, Pepper, Nutmegs, Cloves and Mace, then take one piece of Lard whole in the seasoning, put it into the belly with a sprig of Rosemary and Bayes, sew it very close in a clean cloth, and let it lye all night covered with White-Wine, let it be put into a pot with the same Liquor and no more, let it be close stopp'd, then hang it over a very soft and gentle fire, there to continue six houres in a simpering boyle, when it is cold, take it out of the cloth, not before, put it in a Pyc-plate, and stick it full of Rosemary

Rosemary and Bayes, so serve it up with Mustard and Sugar, they are wont to lay it on a napkin folded square, and lay it corner wise.

To make a Fricake.

Take three Chickens, and pull off the skins, and cut them into little pieces then put them into water with two or three Onions, and a bunch of Parsly, and when it hath stewed a little, put in some Salt and Pepper, and a pint of white wine, so let them stew till they be enough, then take some Verjuice, and Nutmegs, and three or foure yolks of Eggs, beat them well together, and when you take off the Chicken, put them into a Frying-Pan altogether with some butter, scald it well over the fire and serve it in.

To make a Dish called Olives.

TAKE a Fillet of Veale, and the flesh
 from the bones, and the fat and skin
 from either, cut it into very thin slices,
 beat them with the back of your Knife,
 lay them abroad on a Dish, season them
 with Nutmeg, Pepper, Salt and Sugar,
 chop halfe a pound of Beefe-Suet very
 small, and strew upon the top of the
 meat, then take a good handfull of herbs
 as Parsly, Time, Winter-Savoury, Sorrell,
 and Spinage, chop them very small, and
 strew over it, and four Egges with the
 whites, mingle all these well together
 with your hands, then roul it up peice by
 peice, put it upon the spit, roasting it
 an hour and half, and if it grow dry, baste
 it with a little sweet Butter, the sauce is
 Verjuyce or Clarret-Wine with the Gravy
 of the Meat and Sugar, take a whole Ony-
 on and strew it on a Chafing Dish of coales,
 and when it tastes of the Onyon, pour the
 liquor from it on the meat, setting it a
 while on the coales, and serve it in.

To make an Olive Pye.

THis you may take in a Pye, putting Raisins of the Sun stoned and some Currants in every Olive, first strowing upon the meat the whites and yolks of two boyled Eggs shred very small, make your Olives round, and put them into puff paste, when it is halfe baked; put in a good quantity of verjuyce or Clarret wine sweetned with Sugar, putting it in againe till it be thorow baked.

The Countesse of RUTLANDS Receipt of making the rare Banbury Cake which was so much praised at her Daughters (the right Honourable the Lady Chaworths) wedding.

Imprimis,

TAke a peck of fine flower, and halfe an ounce of large Mace, halfe an ounce of Nutmegs, and halfe an ounce of Cinnamon, your Cinnamon and Nutmegs must be sifted through a Searce, two pounds of Butter, halfe a score of Eggs, put out four of the whites of them, some

The Compleat Cook.

Something above a pint of good Ale-yeast, beat your Eggs very well and straine them with your yeast, and a little warme water into your flowre, and stirre them together, then put your butter cold in little Lumps: The water you knead withall must be scalding hot, if you will make it good past, the which having done, lay the past to rise in a warme Cloth a quarter of an hour, or thereupon; Then put in ten pounds of Currans, and a little Muske and Ambergreece dissolved in Rosewater, your Currans must be made very dry, or else they will make your Cake heavy, strew as much Sugar finely beaten amongst the Currans, as you shall think the water hath taken away the sweetnesse from them; Break your past into little pieces, into a kinnell or such like thing, and lay a Layer of past broken into little pieces, and a Layer of Currans, untill your Currans are all put in, mingle the past and the Currans very well, but take heed of breaking the Currans, you must take out a piece of past after it hath risen in a warme cloth before you put in the currans to cover the top, and the bottom, you must roule the cover something

ing thin, and the bottom likewise, and
wet it with Rosewater, and close them
the bottom of the side, or the middle
which you like best, prick the top and the
sides with a small long Pin, when your
Cake is ready to go into the Oven, cut
in the midst of the side round about
with a knife an inch deep, if your Cake
be of a peck of Meale, it must stand two
hours in the Oven, your Oven must be as
hot as for Manchet.

An excellent Sillabub.

FILL your Sillabub-pot with Syder (for
that is the best for a Sillabub) and
good store of Sugar and a little Nutmeg
stir it well together, put in as much thick
Cream by two or three spoonfuls at a time,
as hard as you can, as though you milke
in, then stir it together exceeding softly
once about, and let it stand two hours at
least ere it is eaten, for the standing makes
the Curd.

The Compleat Cook.

To Sauce a Pig.

TAKE a faire large Pigge and cut off his Head, then slit him through the midst, then take forth his bones, then lay him in warme water one night, then Collar him up like Drowne; then boyle him tender in faire water, and when he is boyled put him in an earthen Pot or Pan into Water and Salt, for that will make him white, and season the flesh, for you must not put Salt in the boyling, for that will make it black, then take a quart of the same broth, and a quart of white wine; boyl them together to make some drink for it, put into it two or three Bay leaves, when it is cold uncloathe the Pig, and put it into the same drink, & it will continue a quarter of a year. It is a necessary Dish in any Gentlemans House; when you serve it in, serve it with Greene Fennell, as you doe Sturgion with Vinegar in Saucers.

To make a Virginia Trout.

TAKE Pickled Herrings, cut off their Heads, and lay the bodiees two dayes and nights in water, then wash them well, then

then season them with Mace, Cinamon, Cloves, Pepper, and a little Red Saunder, then lay them close in a pot with a little onion strewed small upon them, and cast between every Layer; when you have thus done, put in a pint of Clarret-Wine to them, and cover them with a double paper tyed on the pot, and set them in the oven with household-bread. They are to be eaten cold;

To make a fat Lamb of a Pig:

TAke a fat Pig and scald him, and cut off his head, slit him and roll him up like a Lamb, then being slit through the middle, and flayed, then parboyle him a while, then draw him with parsley as you do a Lamb, then roast it and dridge it, and serve it up with Butter, Pepper, and Sugar.

To make Rice Pancakes.

TAke a pound of Rice, and boyle it in three quarts of water till it be very tender, then put it into a pot covered close, and that will make a Jelly, then take a quart of Cream or new Milk, put

put it scalding hot to the Kite, then take twenty Eggs, three quarters of a pound of melted Butter, a little Salt, stirre all these well together, put as much flowre to them as will make them hold frying, they must be fryed with Butter, they must be made over night, best.

Mrs. Dukes Cake.

TAKE a quarter of a peck of the finest flour, a pint of Cream, ten yolks of Eggs well beaten, three quarters of a pound of butter gently melted, pour on the flour a little Ale-yeast, a quarter of a pint of Rose water, with some Muske, and Amber-greece dissolved in it, season all with a penny worth of Mice and Cloves, a little Nutmeg finely beaten, Currans one pound and a halfe, Rusins of the Sun stoned, and shred small one pound, Almonds blanch'd and beaten, halfe a pound, beat them with Rosewater to keep them from Oyling : Sugar beaten very small, half a pound ; first mingle them, knead all these together, then let them lie a full houre in the Dough together, then the Oven being made ready, make up your Cake, let not the oven be too hot, nor shut up the mouth of it too close

close, but stir the Cake now and then
that it may bake all a like, let it not stand
a full hour in the Oven. Against you
draw it have some Rose water and Sugar
finely beaten, and well mixed together so
wash the upper side of it, then set it in
the Oven to dry, when you draw it out,
it will shew like Ice.

To make fine Pancakes fried without

Butter, or Lard.

TAKE a Pint of Creame, six new layd
Eggs, beat them very well, put in a
quarter of a Pound of Sugar, one Nut-
meg or beaten mace which you please, as
much flour as will thicken them almost
as thick as for ordinary Pancakes, your
Pan must be cleane wiped with a Cloth,
when it is reasonably hot, put in your
batter, or thick or thin as you please, to
try them.

To put Venison.

TAKE a haunch of Venison not hunted,
and bone it, then take three ounces
of Pepper beaten, twelve Nutmegs, with
a handfull of Salt, and mince them toge-
ther with Wine Vinegar, then wet your
Venison with Wine Vinegar and season

It, then with a knife make holes on the lean sides of the Hunch, and stuff it as you would stuff Beef with Parsley, then put it into the Pot with the fat side downward then clarifie three pound of Butter, and put it thereon, and Past upon the Pot, and let it stand in the Oven five or six hours, then take it out, and with a veni presse it down to the bottom of the Pot, and let it stand till it be cold, then take the Gravy of the top of the Pot and melt it, and boyle it halfe away and more, then put it in again with the Butter on the top of the Pot.

*To make a Marchpan; to Ice
bim, &c.*

TAKE two pound of Almonds blanched, & beaten in a stone Morter till they begin to come to a fine Past, and take a pound of sifted Sugar, and put it in the Morter with the Almonds, and so leave it till it come to a perfect Past, putting in now and then a Spoonfull of Rosewater to keep them from Oysing, when you have beaten them to a perfect Past cover the Marchpan in a sheet, as big as a Charger, and set an edge about

as

as you do about a Tart, and a bottome of
wafers under him; thus bake it in an oven
or baking pan, when you see your march-
pan is hard and dry, take it out and Ice
him with Rosewater and sugar being
made as thick as butter for Frickers; so
spread it on him with a wing-feather; so
put it into the Oven againe, and when
you see it rise high then take it out and
ampish it with some pretty conceits made
part of the same stuff, stick long cumfets
uprigh in him so serve it.

To make Jelly the best manner.

TAKE a Leg of Veale, and pare away
the fat as clean as you can, wash it
thoroughly, let it lie soaking a quarter
of an hour or more, provided you first
breake the bones; then take foure Calves
feet, scald off the hair in boyling water,
then slice them in two and put them to
your Veale, let them boyle over the fire
in a brasse pot with two Gallons of wa-
ter or more according to the proporti-
on of your Veale, scum it very clean and
often; so let it boyle till it comes to
three Pintes or little more, then
strain it through a cleane strainer, into a
Bason

Bason, and so let it stand till it be through cold and well jellied, then cut it in peices with a Knife, and pare the top and the bottome of them, put it into a Skellet, take two ounces of Cinnamon broken very small with your hand, three Nutmegs sliced, one race of Ginger, a large Mace or two, a little quantity of Salt, one Spoonfull of Vine Vinegar, or Rose-Vinegar, one pound and three quarters of Sugar, a Pint of Rhenish-wine, or white Wine, and the Whites of fiftene Eggs, well beaten; put all these to the Jelly, then set it on the fire, and let it seeth two or three waimes, ever stirring it as it seeths, then take a very clean Jelly-bag, wash the bottom of it in a little Rose water, and wring it so hard that their remaine none behind, put a branch of Rosemary in the bottome of the bag, hang it up before the fire over a Bason, and pour the Jelly-bag into the Bason, provided in any case you stir not the Bag, then take Jelly in the Bason and put it into your bag again, let it run the second time, and it will be very much the clearer; so you may put it into your Gally-pots or Glasses which you please, and set them a cooling on bay salt, and when

When it is cold and stiffe you may use it to your pleasure, if you will have the jelly of a red colour use it as before, onely instead of Reddish wine, use Claret.

To make poure knights.

CUT two penny loaves in round slices, dip them in half a pint of Cream or faire water, then lay them abroad in a dish, and beat three Eggs and grated Nutmegs and sugar, beat them with the Cream then melt some butter in a frying pan, and wet the sides of the toasts and lay them on on the wet side, then pour in the rest upon them, and so fry them, serve them up with Rosewater, sugar and butter.

To make Shrewsbury Cakes.

TAKE two pound of floure dried in the Oven and weighed after it is dryed, then put to it one pound of Butter that must be layd an hour or two in Rose-water, so done poure the Water from the Butter, and put the Butter to the flowre with the yolks and whites of five Eggs, two races of Ginger, and three quarters of a pound of Sugar, a little salt, grate your spice, and it well be the

the better, knead all these together till you may rowle the past, then roule it forth with the top of a bowle, then prick them with a pin made of wood, or if you have a comb that hath not been used, that will do them quickly, and is best to that purpose, so bake them upon Pye plates, but not too much in the Oven, for the heat of the Plates will dry them very much, after they come forth of the Oven, you may cut them without the bowles of what bignesse or what fashion you please.

To make beef like red Deer to be eaten cold.

Take a Buttock of beef, cut it the long wayes with the grain, beat it well with a rowling pin, then broyl it upon the coals, a little after it is cold, draw it throw with Lard, then lay in some white wine Vinegar, Pepper, Salt, Cloves, Mace and Bay-leaves, then let it lie three or four dayes, then bake it in Rye past, and when it is cold fill it up with butter, after a fortnight it will be eaten.

The Compleat Cook.

To make Custards.

Take a pint of Cheefe Curds and drain them dry, brulfe them small with the hand, put in two handfulls of flour, a little Sugar, three or four yolks of Eggs, a little Nutmeg and Salt, mingle these together and make them little, like eyes, fry them in fresh butter, serve them up with fresh Butter and Sugar.

To make a boyle of Chickens.

Take six Chickens, quarter them, cover them almost with water, and season them with Pepper and Salt, and a good handfull of minced Parsly, and a little white-wine, when they are boyled enough, put six Eggs onely the yolks, put in them a little Nutmeg and Vinegar, give them a little wame or two with the Chickens, pour them altogether into the Dish and serve them in, when you put on the Eggs, and a good piece of butter.

To make an Almond Caudle.

Take three pints of Ale, boyle it with Cloves, Mace, and sliced Bread into it, then have ready beaten a poeund of
F
blanche

blanched Almonds stamped in a Mortar with a little white wine, then strain them out with a pint of white wine, thick your Ale with it, sweeten it as you please, and be sure you skim the Ale well when it boyles.

To make scalding Cheese towards the latter end of May.

TAKE your Evening Milke and put it into Boules, or Earthen Pans, then in the Morning, fleet off the Cream in a Boule by it selfe, put the fleet Milke into a Tub with the Morning Milk, then put in the nights Cream, and stir it together, and beat the Milk, and put in the Ren-net; as for ordinary new Milk Cheese, it is to be made thick; when the Cheese is come, gather the Curd into a Cheese-cloth, and set the Whey on the fire till it be seething hot, put the Cheese in a Cloth into a Killar that hath a waste in the bottome, and poure in the hot Whey, then let out that, and put in more till your Curd feeles hard, then break the Curd with your hands, as small as you can, and put an handfull of Salt to it then put it into the Fat, thrune it at noon and at night, and next day put it into

and a Trough where Cheefe is sold
every day, and turne it as long as any
will enter, then lay it on a Table or
Shelfe all Summer; if you will have it
yellow to eat within an yeare, it must be
laid in Hay in the Spring; if to keep two
yeres, let it dry on a Shelfe out of the
Wind all the next Summer, and in Win-
ter lay them in Hay a while, or lay them
close one to another; I seldome lay any
in Hay, I turne and rub them with a rot-
ten cloth especially when they are old,
once a week least they rot.

To Pickle Purflaine.

Take Purflaine, stalks and all, boyl
them tender in faire Water, then lay
them drying upon linnen Cloaths, then
being dried, put them into the Galley-
s and cover them with wine Vinegar
and Salt, and not make the Pickle
as long as for Cucumbers.

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To boyle a Capon larded with Lemons

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To make fine Pancakes fried without Butter.

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